



FOGLIA YMCA AQUATICS SCHEDULE

January 2025

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lap Pool Hours	6am-12 4pm-8:30pm	6am-12 4pm-8:30pm	6am-12 4pm-8:30pm	6am-12 4pm-8:30pm	6am-12 4pm-6:30pm	7am-4:30pm	7am-4:30pm
Instructional Pool Hours	Closed	Closed	Closed	4-8:30pm	4-6:30pm	12:30-4:30pm	12:30-4:30pm
Water Fitness	Aqua Arthritis 8-8:45am Lap Pool	Aqua Arthritis 8:15-9am Lap Pool	Aqua Yoga 8-8:45am Lap Pool	Aqua Arthritis 8:15-9am Lap Pool	Aqua Arthritis 8:00-8:45am Lap Pool	Deep Water Fitness 9:30-10:30am Lap Pool	
	Aqua Fit 9-9:45am Lap Pool	Deep Water Fitness 9-10am Lap Pool	Water Fitness 9-9:45am Lap Pool	Deep Water Running 9-9:45am Lap Pool	Deep Water Fitness 9-10:00am Lap Pool		
	Water Fitness 10-10:45am Lap Pool	Water Fitness 10:15-11am Lap Pool	Deep Water Fitness 10:15-11:15am Lap Pool	Water Fitness 10-10:45am Lap Pool			
Pool closed	12-4pm	12-4pm	12-4pm	12-4pm	12-4pm		
Group Swim Lessons	4:30-7	4:30-7pm	4:30-7pm	4:30-7pm		8:30am-1pm	8:30am-1pm
Swim Team	4:30-8:30PM	4:30-8:30PM	4:30-8:30PM	4:30-8:30PM			

- › Schedule is subject to change.
 - › Swim assessments will be available on Sundays from 1-1:30pm. No appointment is necessary.
 - › A limited number of lanes will be available during programming times.
 - › Private Swim lessons will receive priority access to the pools during regular operating hours.
 - › For additional program information, please visit the Foglia YMCA website at fogliaymca.org.
 - › **Children ages 7 YEARS OR YOUNGER** must have a parent or caregiver at least 16 years of age in the pool area with them at all times. If the child has not passed the swim test, parent/caregiver must be in the water within arm's reach. If the child has passed the swim test, parent/caregiver must be present in the pool area but is not required to be in the water.
 - › **Children ages 8-10 who have passed** the swim test may use the pool, but parent/caregiver must remain in the facility. If the child does not pass the test, parent/caregiver must be in the water with them at all times within arm's reach.
 - › **Youth ages 11-16** who pass the swim test may use the pool at all depths. If Youth 11-16 do not pass the swim test, then they must adhere to swim safety rules of the facility's aquatic department, which may vary from one facility to another. All individuals 16 years or younger must pass a swim test to use the deep end of the pool.
- Lifeguards have final discretion and authority to enforce pool rules for the safety of all swimmers.**

For additional information or questions, please contact 847-438-5300.

fogliaymca.org