



AQUATICS SCHEDULE

DECATUR COUNTY FAMILY YMCA

AUG 2026

MON

TUES

WED

THURS

FRI

SAT

SUN

6 AM - 2 PM

POOL & SAUNA OPEN

9 AM - 9:45 AM

AquaFit Water Works

8 AM - 2 PM

POOL & SAUNA OPEN

9 AM - 9:45 AM

Aqua Arthritis

6 AM - 2 PM

POOL & SAUNA OPEN

9 AM - 9:45 AM

AquaFit Water Works

8 AM - 2 PM

POOL & SAUNA OPEN

9 AM - 9:45 AM

Aqua Arthritis

6 AM - 2 PM

POOL & SAUNA OPEN

9 AM - 9:45 AM

AquaFit Water Works

9 AM - 1 PM

POOL & SAUNA OPEN

9:30 AM - 10 AM

Swim Lessons

1 PM - 4 PM

POOL & SAUNA OPEN

2 PM - 4 PM

POOL CLOSED SAUNA OPEN

2 PM - 4 PM

POOL CLOSED SAUNA OPEN

2 PM - 4 PM

POOL CLOSED SAUNA OPEN

2 PM - 4 PM

POOL CLOSED SAUNA OPEN

2 PM - 8 PM

POOL CLOSED SAUNA OPEN

4 PM - 8 PM

POOL & SAUNA OPEN

5:30 PM - 6:30 PM

Aquatic PowerHour

4 PM - 8 PM

POOL & SAUNA OPEN

4:30 PM - 6:30 PM

Swim Lessons

4 PM - 8 PM

POOL & SAUNA OPEN

5:30 PM - 6:30 PM

Aquatic PowerHour

4 PM - 8 PM

POOL & SAUNA OPEN

4:30 PM - 6:30 PM

Swim Lessons

Open & Lap Swim is available during all open hours. Due to limited lane space, swimmers may need to share lanes.

The pool will be closed on **Monday, August 3rd** for routine maintenance. The sauna will remain open during this time.

Pool & Sauna will close at 6:30 PM on **Tuesday, August 18th** for training.

COLOR CODE

POOL & SAUNA OPEN

POOL CLOSED & SAUNA OPEN

WATER FITNESS

PROGRAMMING



AQUATICS CLASS DESCRIPTIONS

DECATUR COUNTY FAMILY YMCA

AQUA ARTHRITIS

Tuesday & Thursdays | 9:00 – 9:45 AM

A gentle, shallow-water class designed for individuals with arthritis, fibromyalgia, or physical injuries. This low-impact class focuses on improving mobility, flexibility, and range of motion.

AQUAFIT WATERWORKS

Monday, Wednesday, & Fridays | 9:00 – 9:45 AM

A shallow-water fitness class that uses a variety of cardio-based exercises to get your heart pumping and body moving. This class is a great way to improve endurance, stay active, and enjoy a fun workout in the water.

AQUATIC POWERHOUR

Monday & Wednesdays | 5:30 – 6:30 PM

A fun and energizing water workout that combines cardio and muscle conditioning for a full-body challenge. With music, encouragement, and plenty of energy, this class is designed to help you build strength.

SWIM LESSONS

GROUP LESSONS

Engaging group swim lessons for children ages 6 months – 12 years old. With five instruction levels available, swimmers are placed where they can build confidence, learn water safety, and develop skills at their own pace.

8 Lessons	Member : \$80
30 minutes each	Non-member: \$112

PRIVATE LESSONS

One-on-one swim instruction designed to focus on each student's specific needs, goals, and skill levels. Private lessons are great for improving technique, endurance, and confidence in the water.

6 Lessons	Member : \$100
30 minutes each	Non-member: \$120

SEMI-PRIVATE LESSONS

A great option for families or swimmers who want to learn together. Semi-private lessons allow for participants of similar ability levels to receive focused instruction with one another.

6 Lessons	Member : \$100
30 minutes each	Non-member: \$120