



Huff Family Aquatic Center

Aquatic Program Schedule



POOL HOURS

Monday– Friday: 6:00 am– 9:00 pm

Saturday: 7:30 am– 4:00 pm

Sunday: 10:00 am– 3:00 pm

Monday 8/7	Tuesday 8/8	Wednesday 8/9	Thursday 8/10	Friday 8/11	Saturday 8/12	Sunday 8/13
Lap Swim [2] 6:00– 9:00A	Lap Swim [2] 6:00– 9:00A	Lap Swim [2] 6:00– 9:00A	Pools closed for Maintenance	Pools closed for Maintenance	Pools closed for Maintenance	
Aqua Groove [2] 8:00– 9:00A	AquaFit [2] 8:00– 9:00A	Aqua Groove [2] 8:00– 9:00A				
Lap Swim [2] 11:00A–1:00P (2 lanes)	Lap Swim [2] 11:00A–1:00P (2 lanes)	Lap Swim [2] 11:00A–1:00P (2 lanes)				Open/Lap Swim [1 & 2] 10:00A– 3:00P
Open Swim [1] 12:00– 9:00P	Open Swim [1] 12:00– 9:00P	Open Swim [1] 12:00– 1:00P				
Lap Swim [2] 3:00–7:15 pm (2 lanes)	Lap Swim [2] 3:00– 7:15 pm (2 lanes)	Pools Closed For Incredible Edibles				
Open/Lap Swim [1 & 2] 7:15– 9:00pm	Open Swim/ Lap Swim [1 & 2] 7:15– 9:00pm					

[1]= Small Pool & [2]= Big Pool



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Monday– Friday: 6:00 am– 9:00 pm

Saturday: 7:30 am– 4:00 pm

Sunday: 10:00 am– 3:00 pm

Monday 8/14	Tuesday 8/15	Wednesday 8/16	Thursday 8/17	Friday 8/18	Saturday 8/19	Sunday 8/20
Lap Swim [2] 6:00– 9:00A	Lap Swim [2] 6:00– 9:00A	Lap Swim [2] 6:00– 9:00A	Lap Swim [2] 6:00– 9:00A	Lap Swim [2] 6:00A– 1:00P		
Aqua Groove [2] 8:00– 9:00A	AquaFit [2] 8:00– 9:00A	Aqua Groove [2] 8:00– 9:00A	AquaFit [2] 8:00– 9:00A		Lap Swim [2] 7:30A– 2:45P (2 lanes)	
Lap Swim [2] 11:00A–1:00P (2 lanes)	Lap Swim [2] 11:00A–1:00P (2 lanes)	Lap Swim [2] 11:00A–1:00P (2 lanes)	Lap Swim [2] 11:00A–1:00P (2 lanes)	Open Swim [1] 11:00A– 5:45P	Open Swim [1] 11:45A–4:00P	Open/Lap Swim [1 & 2] 10:00A– 3:00P
Open Swim [1] 12:00– 9:00P	Open Swim [1] 12:00– 9:00P	Open Swim [1] 12:00– 9:00P	Open Swim [1] 12:00– 9:00P		Open Swim/ Lap Swim [1 & 2] 2:45– 4:00pm	
Lap Swim [2] 3:00–7:15 pm (2 lanes)	Lap Swim [2] 3:00– 7:15 pm (2 lanes)	Lap Swim [2] 3:00–7:15 pm (2 lanes)	Lap Swim [2] 3:00– 7:15 pm (2 lanes)	Lap Swim [2] 3:00– 7:15 pm (2 lanes)		
Open/Lap Swim [1 & 2] 7:15– 9:00pm	Open Swim/ Lap Swim [1 & 2] 7:15– 9:00pm	Open/Lap Swim [1 & 2] 7:15– 9:00pm	Open Swim/ Lap Swim [1 & 2] 7:15– 9:00pm	Open/Lap Swim [1 & 2] 7:15– 9:00pm		

[1]= Small Pool & [2]= Big Pool



Aquatic Program Descriptions



***Please wear appropriate swim attire. No jeans, undergarments, gym clothes, nor street clothes.**

AquaFit - A class for everyone, especially for those with joint ailment or injuries. Get fit with a water aerobic workout that utilizes your own body weight and water resistance dumbbells. This is a shallow water, low impact, cardiovascular class.

Aqua Groove - This high energy class is a fun, dynamic, cardio pool party incorporating a mixture of dance styles and aerobic exercises in shallow water. The ultimate fun and sociable way to exercise.

Lap Swim - Several lanes in the lap pool are reserved for those who choose to swim independently. Basic swim equipment available (kickboards and pull buoys). Split lanes as necessary.

Open Swim - Both the small pool and several lanes in the lap pool are open for free play!

**Classes are subject to change*

*** Empty boxes are reserved for swim lessons and camp programs.*

[Huff Family Aquatic Center also offers the following programs:](#)

[Parents and Me \(6 months– 30 months\)](#)

[Swim lessons \(2.5 years– 16 years\)](#)

[Adult only lessons \(17 years and older\)](#)



Location Hours	
Monday - Friday	6:00 am - 9:00 pm
Saturday	7:30 am - 4:00 pm
Sunday	10:00 am - 3:00 pm

Scheu Family YMCA of Upland
1150 E Foothill Blvd.
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Visit us on the web at:
weymca.org/upland