

YMCA POOL SCHEDULE

Effective 3/23/2026

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
5:00AM	YMCA Closed					Pool Closed	YMCA Closed	5:00AM	
5:30	<p style="text-align: center;">Lap Swim Mon-Fri 5:30AM-9:50AM</p>							5:30	
6:00								6:00	
6:30								6:30	
7:00								7:00	
7:30								7:30	
8:00								8:00	
8:30								8:30	
9:00								9:00	
9:30						9:30			
10:00	Deep Water Aerobics	Water Aerobics	Deep Water Aerobics	Water Aerobic	Deep Water Aerobics	Swim Lessons 10am-11:30am	Open Swim & 2 Lap Lanes 9:30AM-1:00PM	10:00	
10:30	<p style="text-align: center;">Lap Swim 2 Lanes/Open Swim 2 Lanes Mon-Fri 11AM-12PM</p>							Open 2/Private lessons 2	10:30
11:00									11:00
11:30						11:30			
12:00	<p style="text-align: center;">Pool Closed 12:00pm-2:00pm</p>					Open Swim 12:00-2:00	Open 2/Private lessons 2	12:00	
12:30								12:30	
1:00								1:00	
1:30								1:30	
2:00	<p style="text-align: center;">Lap Swim 2 Lane Open Swim Lanes 2:00-4:00</p>			Swim Lessons 2-3	Lap swim and open swim 2:00-4:00	Pool Closed @ 2	Swim Lessons 2-3	2:00	
2:30								Lap & open	Pool Closed
3:00				3:00					
3:30							3:30		
4:00	2 lane lessons/ 2 lap lanes 4-5:30	Swim Lessons w/ 1 lap lane	Open 2/Lessons 2	Swim Lessons 4pm-5pm	<p style="text-align: center;">YMCA Closed</p>		4:00		
4:30							Open Swim 5:30-7:30	2 lap lane/ 2 open 5-7:30	Masters w/ 2 lap lanes 5:00-6:30
5:00	Lap Swim	Water Aerobics	Pool Closed	5:00					
5:30				YMCA Closed			5:30		
6:00	6:00								
6:30	6:30								
7:00	7:00								
7:30	7:30								
8:00PM	YMCA Closed								8:00PM

YMCA POOL RULES

1. Proper swim attire required
2. Walk on pool deck
3. NO HORSEPLAY
4. Children 5 and under must have an adult in the water
5. Children 8 and under must be supervised by an adult
6. Non-swimmers must have an adult in the water
7. NO INFLATABLE FLOATIES