

# YMCA POOL SCHEDULE

Effective 5/18/2026

Swim Lessons  
Begin 5/24

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