

Recreation Pool

2025: 3/17-3/30

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 AM							During the times when only 2 lap lanes are available, lap swimming only permitted unless accompanied by a YMCA aquatic staff
6:00							
6:30		Adult Lap Swim Class 3 LL 6-7am		Adult Lap Swim Class 3 LL 6-7am			LG Cert Courses: 3/22-23 Some Lanes Closed
7:00							
7:30							
8:00							
8:30							
9:00							
9:30							
10:00	Deep Water Running 10-10:50		Deep Water Running 10-10:50		Deep Water Running 10-10:50	Swim Team 6LL 9:00-12:45 No Practice 3/22	2 L L
10:30							
11:00							
11:30							
12:00 PM	Power Lunch 12:10-12:55		Power Lunch 12:10-12:55		Power Lunch 12:10-12:55		
12:30						Swim Lessons 1:00-1:30	4 L L
1:00							
1:30							
2:00	3/24 PFBC Training 12:30-3:30		3/26 PFBC Training 12:30-3:30				
2:30							
3:00							
3:30	Cubs ST 3:30-4:15 6LL		Cubs ST 3:30-4:15 6LL				
4:00							
4:30	Blue Lions Swim Team 4:15-6:15 6LL	Blue Lions Swim Team 4:15-6:15 6LL	Blue Lions Swim Team 4:15-6:15 6LL	Blue Lions Swim Team 4:15-6:15 6LL	Blue & White Swim Team 4:15-6:15 6LL		Pool Closes at 3:30PM
5:00							
5:30							
6:00							
6:30	Pride ST 6:15-7:15 6LL	Pride ST 6:15-7:15 6LL	Pride ST & Lessons 6:15-7:15 8LL	Pride ST 6:15-7:15 6LL	Cubs ST 6:15-7:00 6LL		Pool Closes at 5:00PM
7:00							
7:30	White Lions 7:15-8:45 6LL	White Lions 7:15-8:45 6LL	White Lions 7:15-8:45 6LL	White Lions 7:15-8:45 6LL			
8:00							
8:30							
9:00	Pool Closes at 8:45 PM						

For the most up-to-date schedule, use phone camera on QR code



KEY: YSL = YMCA Swimming Lessons; ST = Swim Team & LL = LAP LANES
 Pool Schedule is a general guideline - programs & lanes subject to change

updated
2/28/2025

Therapy Pool

2025: 3/17-3/30

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 AM	Adult & Therapeutic Exercise Time 5:30-9:00a	Adult & Therapeutic Exercise Time 5:30-9:00a	Adult & Therapeutic Exercise Time 5:30-9:00a	Adult & Therapeutic Exercise Time 5:30-9:00a	Adult & Therapeutic Exercise Time 5:30-9:00a	There will be NO private lessons allowed in the therapy pool during the first hour of Member Workout on weekends.	Family Swim time requires a wristband that you can pick up at the front desk up to 15 minutes before that session. The band is good for one session only.
6:00							
6:30							
7:00							
7:30							
8:00							
8:30	Cardio Strength & Stretch 9:00-10:00a	Cardio Strength & Stretch 9:00-10:00a	Cardio Strength & Stretch 9:00-10:00a	Cardio Strength & Stretch 9:00-10:00a	Cardio Strength & Stretch 9:00-10:00a	Adult & Therapeutic Exercise Time w/ Private Lessons (9:00am) 8:00-10:00a	Sat 3/29, Adjusted Pool Schedule for Healthy Kids Day
9:00							
9:30	Family Swim 10:00-10:55a	Family Swim 10:00-10:55a	Family Swim 10:00-10:55a	Family Swim 10:00-10:55a	Family Swim 10:00-10:55a	Swim Lessons 10:00am-12:50pm	Adult & Therapeutic Exercise Time w/ Private Lessons (10:00am) 9:00am-12:30pm
10:00							
10:30	Arthritis & More 11:00-12:00	Family Swim 11:00-11:55a	Arthritis & More 11:00-12:00	Family Swim 11:00-11:55a	Arthritis & More 11:00-12:00	Swim Lessons 10:00am-12:50pm	Family Swim A 12:30-1:25p
11:00							
11:30	Adult & Therapeutic Exercise Time w/ Private Lessons 12:00-3:55p	Adult & Therapeutic Exercise Time w/ Private Lessons 12:00-3:25p	Adult & Therapeutic Exercise Time w/ Private Lessons 12:00-3:55p	Adult & Therapeutic Exercise Time w/ Private Lessons 12:00-3:25p	Adult & Therapeutic Exercise Time w/ Private Lessons 12:00-3:55p	Adult & Thp. Exercise Time w/ P. Lessons 1:00p -2:00p	Family Swim B 1:30-2:25p
12:00 PM							
12:30							
1:00							
1:30							
2:00							
2:30	Family Swim A 2:00-2:55p	Family Swim C 2:30-3:25p	Family Swim B 3:00-3:55p	Family Swim C 4:00-4:55p	Adapted Swim Lessons 5:00pm-7:00pm	Family Swim A 2:00-2:55p	
2:30							
3:00	Family Swim 3:30p-4:25p	Family Swim 4:00p-4:55p	Family Swim 3:30p-4:25p	Family Swim 4:00p-4:55p	Family Swim 4:00p-4:55p	Family Swim B 3:00-3:55p	Family Swim C 2:30-3:25p
3:30							
4:00	Family Swim 4:00p-4:55p	Family Swim 3:30p-4:25p	Family Swim 4:00p-4:55p	Family Swim 3:30p-4:25p	Family Swim 4:00p-4:55p	Family Swim C 4:00-4:55p	Pool Closes at 3:30PM
4:30							
5:00	Swim Lessons 5:00-6:45	Swim Lessons 4:30-6:45	Swim Lessons 5:00-6:05	Swim Lessons 4:30-7:00	Adapted Swim Lessons 5:00pm-7:00pm	Pool Closes at 5:00PM	Pool Closes at 3:30PM
5:30							
6:00							
6:30							
7:00	Family Swim 7:00p-7:55p	Family Swim 7:00p-7:55p	Family Swim 7:00p-7:55p	Family Swim 7:00p-7:55p	Adult & Thp. Exercise Time w/ P. Lessons 7:00p -8:45p	Pool Closes at 5:00PM	Pool Closes at 3:30PM
7:30							
8:00	Adult & Thp. Exercise Time w/ P. Lessons 7:00p -8:45p	Adult & Thp. Exercise Time w/ P. Lessons 7:00p -8:45p	Adult & Thp. Exercise Time w/ P. Lessons 7:00p -8:45p	Adult & Thp. Exercise Time w/ P. Lessons 7:00p -8:45p	Adult & Thp. Exercise Time w/ P. Lessons 7:00p -8:45p	Pool Closes at 5:00PM	Pool Closes at 3:30PM
8:30							
9:00	Pool Closes at 8:45PM						Pool Closes at 3:30PM

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