

Recreation Pool

2025: 4/21-6/8

	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		Adult Lap Swim Class 3 LL 6-7am		Adult Lap Swim Class 3 LL 6-7am		LG Cert Courses: 4/25, 5/2-5/4, 5/17-5/18 Some Lanes Closed During Course	
6:30							
7:00							
7:30							
8:00							
8:30							Closed Monday 5/26 for Memorial Day
9:00							
9:30						Blue & White Swim Team 9:00-11:00 6LL	
10:00	Deep Water Running 10-10:50		Deep Water Running 10-10:50		Deep Water Running 10-10:50		
10:30							
11:00						Pride ST 4LL 11:00-12:00	
11:30							
12:00 PM	Power Lunch 12:10-12:55		Power Lunch 12:10-12:55		Power Lunch 12:10-12:55	8 Lanes Open	
12:30						Swim Lessons 1:00-1:30	
1:00							
1:30							
2:00							
2:30							
3:00	8 Lanes Open		8 Lanes Open				
3:30							
4:00	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
4:30							
5:00							
5:30							
6:00							
6:30	Cubs/Pride 6:15-7:15 5LL	Cubs/Pride 6:15-7:15 5LL	Cubs/Pride & Lessons 6:15-7:15 7LL	Cubs/Pride 6:15-7:15 5LL	8 Lanes Open		
7:00							
7:30	White Lions 7:15-8:45 4LL	White Lions 7:15-8:45 4LL	White Lions 7:15-8:45 4LL	White Lions 7:15-8:45 4LL			
8:00							
8:30							
9:00	Pool Closes at 8:45 PM						

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

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



updated
4/5/2025

Therapy Pool

2025: 4/21-6/8

	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								
9:00	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	Closed Monday 5/26 for Memorial Day	
9:30								
10:00	Family Swim	Family Swim	Family Swim	Family Swim	Family Swim	Swim Lessons 10:00am-12:50pm	Adult & Therapeutic Exercise Time w/ Private Lessons (10:00am) 9:00am-12:30pm	
10:30	10:00-10:55a	10:00-10:55a	10:00-10:55a	10:00-10:55a	10:00-10:55a			
11:00	Arthritis & More	Family Swim	Arthritis & More	Family Swim	Arthritis & More			
11:30	11:00-12:00	11:00-11:55a	11:00-12:00	11:00-11:55a	11:00-12:00			
12:00 PM	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
12:30						Family Swim B 1:30-2:25p		
1:00						Family Swim A 2:00-2:55p	Family Swim C 2:30-3:25p	
1:30								
2:00		Family Swim 3:30p-4:25p		Family Swim 3:30p-4:25p		Family Swim B 3:00-3:55p		
2:30							Family Swim C 4:00-4:55p	
3:00		Family Swim 4:00p-4:55p	Family Swim 3:30p-4:25p	Family Swim 4:00p-4:55p	Family Swim 4:00p-4:55p	Adapted Swim Lessons 5:00pm-7:00pm	Pool Closes at 3:30PM	
3:30								
4:00								
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	Pool Closes at 5:00PM			
5:30						Water Fitness 6:10-7:00		
6:00								
6:30								
7:00	Family Swim	Family Swim	Family Swim	Family Swim	Adult & Thp. Exercise Time w/ P. Lessons 7:00-8:45p	For the most up-to-date schedule, use phone camera on QR code		
7:30	7:00p-7:55p	7:00p-7:55p	7:00p-7:55p	7:00p-7:55p				
8:00	Adult & Thp. Exercise Time w/ P. Lessons 8:00-8:45p	Adult & Thp. Exercise Time w/ P. Lessons 8:00-8:45p	Adult & Thp. Exercise Time w/ P. Lessons 8:00-8:45p	Adult & Thp. Exercise Time w/ P. Lessons 8:00-8:45p				
8:30								

Pool Closes at 8:45PM

Pool Schedule is a general guideline - programs subject to change



