F	Recreation	Pool	2025: Summer	r 6/9-8/24
	Monday	Tuesday	Wednesday	Thursda

ı	Recreati				2025: Summer 6/9-8/24				-	-		
F 00 411	Monday	/	Tuesda	У	Wednesday		Thursday		Friday		Saturday	Sunday
5:30 AM											Both Pools will close beginning	During the times when only 2 lap
6:00			Adult Lap				Adult Lap				8/25 for annual	lanes are
6:30			Swim Class 3 LL 6-7am				Swim Class 3 LL 6-7am				maintenance	available, lap swimming only
7:00											LG Courses 6/16, 6/20-22, 6/28-29,	permitted unless accompanied by
7:30							Blue Lions Swim Team	4	Blue Lions Swim Team	4	Some Lanes Closed	a YMCA aquatic staff
8:00							4LL 7-9am	L L	4LL 7-9am	L L		SACC Camp runs
8:30												6/10-8/14
9:00												
9:30										Ī		
10:00	Deep Water	4 L	Private Swim Lessons 9:00-	6 L	Deep Water	4 L	Private Swim Lessons 9:00-	6 L	Deep Water	4 L	2	
10:30	Running 10-10:50	Ĺ	12:00 2LL	Ĺ		L	12:00 2LL	Ĺ	Running 10-10:50	L	Swim Team	
11:00											10a-12:30p 2 6LL L	
11:30 12:00 PM		4				4				4	L	
12:30	Power Lunch	L			Lunch I	L			Power Lunch	L		8/10 Back-To-School
1:00	12:10-12:55	L			12:10-12:55	L			12:10-12:55 8/8 MV	L	Swim	Wibit Event
1:30			SACC	5			SACC Camp	5	Camp Swim 2LL 1:00-		Lessons L	12:00-2:00pm Set-Up @ 11:30
2:00			Camp 1:00-3:00	L			1:30-2:30 3LL	L	2:00		L	
2:30			3LL	L				L				
3:00	Swim Team		Swim Team	3	Swim Team		Swim Team	3				
3:30	Blue Lions 3:00-4:30		White Lions 3:00-4:30	L	Blue Lions 3:00-4:30		White Lions 3:00-4:30	L				
4:00	5LL	3	5LL	-	<i>C</i> 1.1	3	5LL	_			August Movie 'Night' in	Pool Closes
4:30		L L	Swim Team	3	ST Pride	L L		ļ	ST Pride	4	Pool/Gym! Date TBD	at 3:30PM
5:00	4:30-5:30 4LL		Blue Lions 4:30-6:30	L L	4:30-5:30 4LL				4:30-5:30 4LL	L L		
5:30	ST White		5LL		ST White					•	Pool Closes at 5:00PM	
6:00	Swim Team Swim Camp		Swim Camp 6:15-7:00	S T	Swim Team & Swim Camp 6:		Swim Camp 6:15-7:00	4				
6:30	7:00 8LL		3LL @6:30	5	7:00 8LL	13	3LL	L L	6/13 WF Class		For the most up-to-	
7:00									6:30-7:30 3LL		phone camera	on QR code
7:30												
8:00												
8:30												
9:00	Pool Closes at 8:45 PM											
											الله الله	

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

upuateu 5/12/2025 Therapy Pool 2025: Summer 6/9-8/24

	Therapy reer		2025. Summe					
5:30 AM	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
6:00						There will be NO private lessons	Leisure Swim time requires a	
6:30	Adult &	Adult &	Adult &	Adult &	Adult &	allowed in the therapy pool during	wristband that you can pick up at the	
7:00	Therapeutic Exercise	Therapeutic Exercise	Therapeutic Exercise	Therapeutic Exercise	Therapeutic Exercise	the first hour of Member Workout	front desk up to 15 minutes before	
7:30		Time 5:30-9:00a	Time 5:30-9:00a	Time 5:30-9:00a Cardio Strength & Stretch 9:00-10:00a	Time 5:30-9:00a	on weekends.	that session. The band is good for one A , B or C session only.	
8:00	5:30-9:00a					Adult & Therapeutic Exercise Time w/ Private Lessons (9:00am) 8:00- 10:00a		
8:30								
9:00	& Stretch	Cardio Strength & Stretch 9:00-10:00a	Cardio Strength & Stretch 9:00-10:00a		Cardio Strength & Stretch 9:00-10:00a			
9:30							Adult & Therapeutic	
10:00	Adult & Therapeutic	Family Swim A	Adult & Therapeutic Exercise w/ PL 10:00-11:00a	Family Swim A 10:00-10:55a	Arthritis &	Swim Lessons	Exercise Time	
10:30	Exercise w/ PL 10:00-11:00a	10:00-10:55a					w/ Private Lessons	
11:00		Family Swim B	Arthritis & More	Family Swim B		10:00am-	(10:00am)	
11:30	11:00-12:00	11:00-11:55a	11:00-12:00	11:00-11:55a	11:00-12:00	12:50pm	9:00am- 12:30pm	
12:00 PM								
12:30	Adult &	Adult &	Adult &	Adult &	Adult &	Adult & Therapeutic	Family Swim A 12:30-	
1:00	Therapeutic	Therapeutic	Therapeutic	Therapeutic	Therapeutic	Exercise Time w/ Swim Lessons	1:25p	
1:30	Exercise Time w/ Private	Exercise Time w/ Private	Exercise Time w/ Private	Exercise Time w/ Private	Exercise Time w/ Private	12:30p -2:00p	Family Swim B 1:30-	
2:00	Lessons 12:00-3:25p	Lessons 12:00-3:25p	Lessons 12:00-3:25p	Lessons 12:00-3:25p	Lessons 12:00-3:25p	Family Swim A 2:00-	2:25p	
2:30	<u>'</u>	12.00-0.20β	12.00-0.20β	12.00-5.25β		2:55p	Family Swim C 2:30-	
3:00						Family Swim B 3:00-	3:25p	
3:30	Family Swim	Family Swim	Family Swim	Family Swim	Family Swim A 3:30-	3:55p		
4:00	•	3:30-4:25p	3:30-4:25p	3:30-4:25p	4:25p	Family Swim C 4:00-	Pool Closes	
4:30 5:00	Swim Camp 4:30-6:00	Swim Camp 4:30-6:00	Swim Camp	Swim Camp 4:30-6:00	Adapted Swim	4:55p	at 3:30PM	
5:30			4:30-6:00			Pool Closes at 5:00PM		
6:00	Adult & Therapeutic Exercise w/ PL 6:10-		Water Fitness 6:10-7:00p	Adult & Therapeutic Exercise w/ PL	Lessons 4:30-7:00	For the most up-to-date schedule		
6:30						use phone came		
7:00	Family Swim 7:00-7:55	6:10-7:00 Family Swim 7:00-7:55	Family Swim 7:00-7:55	6:10-7:00 Family Swim 7:00-7:55	Adult & Therapeutic Exercise w/ PL 7:00-8:45	_ : ::		
7:30								
8:00		Adult & Therapeutic	Adult & Therapeutic	Adult & Therapeutic				
8:30	Exercise w/ PL 8:00-	•	Exercise w/ PL 8:00-8:45	Exercise w/ PL 8:00-8:45				
9:00								
3.30	Pool Closes at 8:45pm Monday-Friday Pool Schedule is a general guideline - programs subject to change							
ĺ	Pool Sche	uule is a genera	ıı gulaeline - pro	ograms subject	to change	:::::::		

Pool Schedule is a general guideline - programs subject to change Both Pools will close beginning 8/25 for annual maintenance