

# Recreation Pool

2025: Summer 6/9-8/24

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 AM						Both Pools will close beginning 8/25 for annual maintenance  LG Courses 6/16, 6/20-22, 6/28-29, Some Lanes Closed	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			
6:30							
7:00							
7:30				Blue Lions Swim Team 4LL 7-9am	Blue Lions Swim Team 4LL 7-9am		
8:00				4 L L	4 L L		SACC Camp runs 6/10-8/14
8:30							
9:00							
9:30							
10:00	Deep Water Running 10-10:50	Private Swim Lessons 9:00-12:00 2LL	Deep Water Running 10-10:50	Private Swim Lessons 9:00-12:00 2LL	Deep Water Running 10-10:50	Swim Team 10a-12:30p 6LL	
10:30	4 L L	6 L L	4 L L	6 L L	4 L L	2 L L	
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		8/10 Back-To-School Wibit Event 12:00-2:00pm Set-Up @ 11:30
12:30	4 L L		4 L L		4 L L		
1:00		SACC Camp 1:00-3:00 3LL		SACC Camp 1:30-2:30 3LL	8/8 MV Camp Swim 2LL 1:00-2:00	Swim Lessons 12:55-1:30	
1:30		5 L L		5 L L		5 L L	
2:00							
2:30							
3:00	Swim Team Blue Lions 3:00-4:30 5LL	Swim Team White Lions 3:00-4:30 5LL	Swim Team Blue Lions 3:00-4:30 5LL	Swim Team White Lions 3:00-4:30 5LL			Pool Closes at 3:30PM
3:30	3 L L	3 L L	3 L L	3 L L			
4:00							
4:30	ST Pride 4:30-5:30 4LL	Swim Team Blue Lions 4:30-6:30 5LL	ST Pride 4:30-5:30 4LL		ST Pride 4:30-5:30 4LL	August Movie 'Night' in Pool/Gym! Date TBD	
5:00	4 L L	3 L L	4 L L		4 L L		
5:30	ST White		ST White			Pool Closes at 5:00PM	
6:00	Swim Team & Swim Camp 6:15-7:00 8LL	Swim Camp 6:15-7:00 3LL @6:30	Swim Team & Swim Camp 6:15-7:00 8LL	Swim Camp 6:15-7:00 3LL			
6:30		5		4 L L	6/13 WF Class 6:30-7:30 3LL		
7:00							
7:30							
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  
5/12/2025

# Therapy Pool

2025: Summer 6/9-8/24

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



**Pool Schedule is a general guideline - programs subject to change**

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