

# Recreation Pool

2025: September 2 - November 2

	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		Swim Meet Sat 10/25 8:00a-3:00p No Lanes Available	
6:30							
7:00							
7:30							
8:00							
8:30							Closed Monday 9/1 for Labor Day
9:00							
9:30						Blue & White Swim Team 9:00-11:00 6LL	2 L L
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 5LL 11-12 Cubs ST 5LL 12-12:45	3 L L
11:30							
12:00 PM	Power Lunch 12:10-12:55	9/9 DWR Pop-Up @12:15 4LL	Power Lunch 12:10-12:55		Power Lunch 12:10-12:55	Swim Lessons 1:00-1:30	6 L L
12:30							
1:00							
1:30					FS SL 1:30-2:30 2LL		
2:00							
2:30							
3:00							
3:30	Cubs ST 3:30-4:15 4LL						
4:00		Blue Lions Swim Team 4:00-6:00 6LL	Blue Lions Swim Team 4:00-6:00 6LL	Blue Lions Swim Team 4:00-6:00 6LL			
4:30	Blue Lions Swim Team 4:15-6:15 6LL				Blue & White Swim Team 4:15-6:15 6LL		
5:00							
5:30		Pride ST 6:00-7:00 6LL	Cubs ST + Lessons 6:00-6:45 6LL	Pride ST 6:00-7:00 6LL			
6:00							
6:30	Pride ST 6:15-7:15 6LL	White Lions 7:00-8:30 6LL	White Lions 6:45-8:15 6LL	White Lions 7:00-8:00 6LL	Cubs & Pride ST 6:15-7:15 4LL		
7:00							
7:30	White Lions 7:15-8:45 4LL						
8:00							
8:30			8LL @8:15				
9:00	Pool Closes at 8:45 PM						

Pool Closes at 3:30PM

Pool Closes at 5:00PM

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  
8/22/2025

# Therapy Pool

2025: September 2 - November 2

	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						Adult & Therapeutic Exercise Time w/ Private Lessons (9:00am) 8:00-10:00a	Closed Monday 9/1 for Labor Day			
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 (10:00am) 9:00a-12:30p				
9:30										
10:00	Family Swim 10:00-10:55a	Swim Lessons 10:00-11:00a	Family Swim 10:00-10:55a	Swim Lessons 10:00-11:00a	Family Swim 10:00-10:55a					
10:30										
11:00	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					
11:30										
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 9/9 Pop-Up Wet Pilates 1:00-1:30	Adult & Therapeutic Exercise Time w/ Private Lessons 12:00-3:55p	Adult & Therapeutic Exercise Time w/ Private Lessons 12:00-3:25p Adult Group Lesson 1:00-1:30	Adult & Therapeutic Exercise Time w/ Private Lessons 12:00-3:55p	Adult & Thp. Exercise Time w/ P. Lessons 1:00p -2:00p	Family Swim A 12:30-1:25p			
12:30							Family Swim B 1:30-2:25p			
1:00						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 A 2:00-2:55p
1:30										Family Swim B 3:00-3:55p
2:00		Family Swim 4:00p-4:55p	Swim Lessons 4:30-6:55	Swim Lessons 5:00-6:05	Swim Lessons 4:30-6:55	Adapted Swim Lessons 5:00pm-7:00pm	Family Swim C 2:30-3:25p			
2:30										
3:00										
3:30										
4:00	Swim Lessons 5:00-6:45	Water Fitness 6:10-7:00	Family Swim 7:00p-7:55p	Family Swim 7:00p-7:55p	Adult & Thp. Exercise Time w/ P. Lessons 7:00-8:45p	Pool Closes at 3:30PM				
4:30										
5:00										
5:30										
6:00	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 8:00-8:45p	Pool Closes at 5:00PM				
6:30										
7:00	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	Adult & Thp. Exercise Time w/ P. Lessons 8:00-8:45p	For the most up-to-date schedule, use phone camera on QR code				
7:30										
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	Adult & Thp. Exercise Time w/ P. Lessons 8:00-8:45p	For the most up-to-date schedule, use phone camera on QR code				
8:30										

**Pool Closes at 8:45PM**

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

