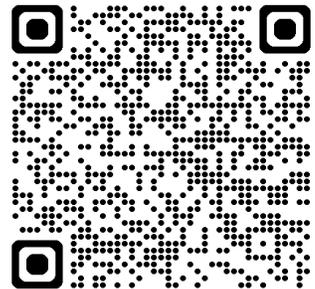


# Recreation Pool

2026: January 12 - March 7

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 AM						Swim Meets Sat 1/10, 1/17, 2/7 8:00a-3:00p No Lanes Available	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 on 1/23-25, 2/27-3/1, 3/20-22
6:30							
7:00							
7:30							
8:00							
8:30							
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	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		Power Lunch 12:10-12:55		Power Lunch 12:10-12:55		
12:30						Swim Lessons 1:00- 1:30	6 L L
1:00							
1:30					FS SL 1:30-2:30 2LL		
2:00							
2:30	MLK Day Event 1/19 2:30-3:30 3LL		PFBC Training 1/28 1:00-4:00 4LL				
3:00						PFBC Training 1/24 2:00-5:00 4LL	
3:30	Cubs ST 3:30-4:15 4LL						Pool Closes at 3:30PM
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	Blue & White Swim Team 4:15-6:15 6LL		
4:30	Blue Lions Swim Team 4:15-6:15 6LL						
5:00							
5:30							Pool Closes at 5:00PM
6:00	Pride ST 6:00-7:00 6LL		Cubs ST + Lessons 6:00-6:45 6LL	Pride ST 6:00-7:00 6LL			
6:30		White Lions 7:00-8:30 5LL	White Lions 6:45-8:15 5LL	White Lions 7:00-8:30 5LL	Cubs & Pride ST 6:15-7:15 4LL		
7:00							
7:30	White Lions 7:15-8:45 5LL						
8:00							
8:30			8LL @8:15				
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  
12/30/2025

# Therapy Pool

2026: January 12 - March 7

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
5:30 AM	Adult & Therapeutic Exercise Time 5:30-8:55a	Adult & Therapeutic Exercise Time 5:30-8:55a	Adult & Therapeutic Exercise Time 5:30-8:55a	Adult & Therapeutic Exercise Time 5:30-8:55a	Adult & Therapeutic Exercise Time 5:30-8:55a	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							Pools closed 2/14-2/15 All Day for Championship Swim Meet	
6:30								
7:00								
7:30								
8:00								
8:30	Adult & Therapeutic Exercise Time w/ Private Lessons (9:00am) 8:00-10:00a	Adult & Therapeutic Exercise Time w/ Private Lessons (10:00am) 9:00a-12:30p						
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	Swim Lessons 10:00a-12:50p (No Lessons 1/17, 2/7, 2/14)	Adult & Therapeutic Exercise Time w/ Private Lessons (10:00am) 9:00a-12:30p	
9:30								
10:00	<b>Family Swim 10:00-10:55a</b>	<b>Family Swim 10:00-10:55a</b>	<b>Family Swim 10:00-10:55a</b>	<b>Family Swim 10:00-10:55a</b>	<b>Family Swim 10:00-10:55a</b>			
10:30								
11:00	<b>Arthritis &amp; More 11:00-12:00</b>	<b>Swim Lessons 11:00-12:00</b>	<b>Arthritis &amp; More 11:00-12:00</b>	Adult & Thp. Exercise Time w/ Lessons 11:00 -11:55a	<b>Arthritis &amp; More 11:00-12:00</b>			
11:30								
12:00 PM	Adult & Therapeutic Exercise Time w/ Private Lessons 12:00-3:55p ----- MLK Day Event 1/19 2:30-3:30	Adult & Therapeutic Exercise Time w/ Private Lessons 11:30a-3:25p	Adult & Therapeutic Exercise Time w/ Private Lessons 12:00-3:55p	Adult & Therapeutic Exercise Time w/ Private Lessons 1:00-3:25p	Adult & Therapeutic Exercise Time w/ Private Lessons 12:00-3:55p	Swim Lessons 10:00a-12:50p (No Lessons 1/17, 2/7, 2/14)	<b>Family Swim A 12:30-1:25p</b>	
12:30							Gym & Swim Program 12:00 -1:00p	<b>Family Swim B 1:30-2:25p</b>
1:00								<b>Family Swim C 2:30-3:25p</b>
1:30								Adult & Thp. Exercise Time w/ Lessons 1:00p -2:00p
2:00								<b>Family Swim A 2:00-2:55p</b>
2:30								<b>Family Swim B 3:00-3:55p</b>
3:00	<b>Family Swim C 4:00-4:55p</b>							
3:30	<b>Family Swim 3:30p-4:25p</b>	<b>Family Swim 3:30p-4:25p</b>	<b>Family Swim 3:30p-4:25p</b>	<b>Family Swim 3:30p-4:25p</b>	<b>Family Swim 3:30p-4:25p</b>	Pool Closes at 3:30PM		
4:00	<b>Family Swim 4:00p-4:55p</b>	<b>Family Swim 4:00p-4:55p</b>	<b>Family Swim 4:00p-4:55p</b>	<b>Family Swim 4:00p-4:55p</b>	<b>Family Swim 4:00p-4:55p</b>			
4:30	<b>Family Swim 4:00p-4:55p</b>	<b>Family Swim 4:00p-4:55p</b>	<b>Family Swim 4:00p-4:55p</b>	<b>Family Swim 4:00p-4:55p</b>	<b>Family Swim 4:00p-4:55p</b>			
5:00	<b>Swim Lessons 4:30-6:55</b>	<b>Swim Lessons 5:00-6:05</b>	<b>Swim Lessons 4:30-6:55</b>	<b>Swim Lessons 4:30-6:55</b>	<b>Adapted Swim Lessons 5:00pm-7:00pm</b>			
5:30	<b>Swim Lessons 5:00-6:45</b>	<b>Water Fitness 6:10-7:00</b>	<b>Swim Lessons 4:30-6:55</b>	<b>Swim Lessons 4:30-6:55</b>	<b>Adapted Swim Lessons 5:00pm-7:00pm</b>			
6:00	<b>Swim Lessons 5:00-6:45</b>	<b>Water Fitness 6:10-7:00</b>	<b>Swim Lessons 4:30-6:55</b>	<b>Swim Lessons 4:30-6:55</b>	<b>Adapted Swim Lessons 5:00pm-7:00pm</b>			
6:30	<b>Swim Lessons 5:00-6:45</b>	<b>Water Fitness 6:10-7:00</b>	<b>Swim Lessons 4:30-6:55</b>	<b>Swim Lessons 4:30-6:55</b>	<b>Adapted Swim Lessons 5:00pm-7:00pm</b>			
7:00	<b>Family Swim 7:00p-7:55p</b>	<b>Family Swim 7:00p-7:55p</b>	<b>Family Swim 7:00p-7:55p</b>	<b>Family Swim 7:00p-7:55p</b>	<b>Family Swim 7:00p-7:55p</b>	Pool Closes at 5:00PM		
7:30	<b>Family Swim 7:00p-7:55p</b>	<b>Family Swim 7:00p-7:55p</b>	<b>Family Swim 7:00p-7:55p</b>	<b>Family Swim 7:00p-7:55p</b>	<b>Family Swim 7:00p-7:55p</b>			
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			
8:30	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			
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			
8:30	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			

**Pool Closes at 8:45PM**

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

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

