

# Recreation Pool

2026: March 30 - June 7

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 AM						No ST Practice 3/30-4/12. Practices resume 4/13. Facilities Closed 4/5 for Easter and 5/25 for Memorial Day -- Healthy Kids' Day (4LL) Sat 4/18	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 Courses 4/10-12, 5/1-3, Some Lanes Unavailable
6:30							
7:00							
7:30							
8:00							
8:30							
9:00						Blue & White Swim Team 9:00-11:00 6LL	2 L L
9:30							
10:00	Deep Water Running 10-10:50		Deep Water Running 10-10:50		Deep Water Running 10-10:50	Pride ST 5LL 11-12 Cubs ST 5LL 12-12:45	3 L L
10:30		4 L L		4 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	Swim Lessons 3LL 1-2:05	5 L L
12:30		4 L L		4 L L			
1:00				Air Force Training 4/23 2LL 1-2p			
1:30							
2:00							
2:30							
3:00							
3:30	Cubs ST 3:30-4:15 4LL						Pool Closes at 3:30PM
4:00		4 L L					
4:30	Blue Lions Swim Team 4:15-6:15 6LL	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	Pool Closes at 5:00PM	
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	Cubs & Pride ST 6:15-7:15 4LL		
6:00	2 L L						
6:30	Pride ST 6:15-7:15 6LL	White Lions 7:00-8:30 5LL	White Lions 6:45-8:15 5LL	White Lions 7:00-8:30 5LL			
7:00							
7:30	White Lions 7:15-8:45 5LL						
8:00		3 L L					
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  
3/27/2026

# Therapy Pool

2026: March 30 - June 7

	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	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 4/5 & 5/25, Adjusted Sched. 4/18						
9:00													
9:30	<b>Family Swim</b> 10:00-10:55a	<b>Family Swim</b> 10:00-10:55a	<b>Family Swim</b> 10:00-10:55a	<b>Family Swim</b> 10:00-10:55a	<b>Family Swim</b> 10:00-10:55a	Swim Lessons 10:00a-12:50p (No Lessons 4/4)	Adult & Therapeutic Exercise Time w/ Private Lessons (10:00am) 9:00a-12:30p						
10:00													
10:30	<b>Arthritis &amp; More</b> 11:00-12:00	<b>Swim Lessons</b> 11:00a-12:00p	<b>Arthritis &amp; More</b> 11:00-12:00	<b>A&amp;T Exercise w/ Lessons</b> 11:00-12:00	<b>Arthritis &amp; More</b> 11:00-12:00	Gym & Swim 12:00-1:00	<b>Family Swim A</b> 12:30-1:25p						
11:00													
11:30	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 1:00-3:25p	Adult & Therapeutic Exercise Time w/ Private Lessons 12:00-3:55p	Adult & Thp. Exercise Time w/ Lessons 1:00p -2:00p	<b>Family Swim B</b> 1:30-2:25p						
12:00 PM													
12:30							<b>Family Swim</b> 3:30p-4:25p	<b>Family Swim</b> 4:00p-4:55p	<b>Family Swim</b> 3:30p-4:25p	<b>Family Swim</b> 3:30p-4:25p	<b>Family Swim A</b> 2:00-2:55p	<b>Family Swim C</b> 2:30-3:25p	
1:00													
1:30							<b>Family Swim</b> 4:00p-4:55p	<b>Swim Lessons</b> 4:30-6:55	<b>Swim Lessons</b> 5:00-6:05	<b>Swim Lessons</b> 4:30-6:55	Adapted Swim Lessons 5:00pm-7:00pm	<b>Family Swim B</b> 3:00-3:55p	<b>Pool Closes at 3:30PM</b>
2:00													
2:30	<b>Family Swim</b> 7:00p-7:55p	<b>Swim Lessons</b> 4:30-6:55	Water Fitness 6:10-7:00	<b>Family Swim</b> 7:00p-7:55p	<b>Family Swim</b> 7:00p-7:55p	<b>Family Swim C</b> 4:00-4:55p	<b>Pool Closes at 5:00PM</b>						
2:30													
3:00	<b>Family Swim</b> 7:00p-7:55p	<b>Swim Lessons</b> 4:30-6:55	Water Fitness 6:10-7:00	<b>Family Swim</b> 7:00p-7:55p	<b>Family Swim</b> 7:00p-7:55p	<b>Family Swim C</b> 4:00-4:55p	<b>Pool Closes at 5:00PM</b>						
3:30													
4:00	<b>Family Swim</b> 7:00p-7:55p	<b>Swim Lessons</b> 4:30-6:55	Water Fitness 6:10-7:00	<b>Family Swim</b> 7:00p-7:55p	<b>Family Swim</b> 7:00p-7:55p	<b>Family Swim C</b> 4:00-4:55p	<b>Pool Closes at 5:00PM</b>						
4:30													
5:00	<b>Family Swim</b> 7:00p-7:55p	<b>Swim Lessons</b> 4:30-6:55	Water Fitness 6:10-7:00	<b>Family Swim</b> 7:00p-7:55p	<b>Family Swim</b> 7:00p-7:55p	<b>Family Swim C</b> 4:00-4:55p	<b>Pool Closes at 5:00PM</b>						
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6:00													
6:30	<b>Family Swim</b> 7:00p-7:55p	<b>Swim Lessons</b> 4:30-6:55	Water Fitness 6:10-7:00	<b>Family Swim</b> 7:00p-7:55p	<b>Family Swim</b> 7:00p-7:55p	<b>Family Swim C</b> 4:00-4:55p	<b>Pool Closes at 5:00PM</b>						
7:00													
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	Adapted Swim Lessons 5:00pm-7:00pm	For the most up-to-date schedule, use phone camera on QR code						
7:30													
7:30	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	Adapted Swim Lessons 5:00pm-7:00pm	For the most up-to-date schedule, use phone camera on QR code						
8:00													
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	Adapted Swim Lessons 5:00pm-7:00pm	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**

