

Recreation Pool

2026: June 8 - August 30

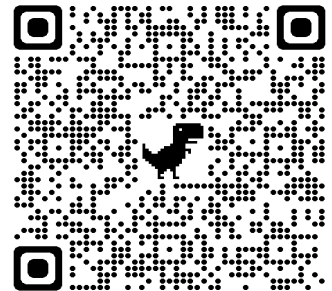
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 AM						Both pools will close at 12pm on Sunday August 30th for draining and cleaning.	During the times when only 2 lap lanes are available, lap swimming only permitted unless accompanied by a YMCA aquatic staff
6:00		Adult Lap Swim Class 3 LL 6-7am		Adult Lap Swim Class 3 LL 6-7am			
6:30				Blue Lions Swim Team 7:00-9:00 4LL	Blue Lions Swim Team 7:00-9:00 4LL		
7:00							
7:30							
8:00							
8:30							LG Courses 6/12 - 6/14, Some Lanes Unavailable
9:00						Blue & White Swim Team 9:00-11:00 6LL	
9:30							
10:00	Deep Water Running 10-10:50		Deep Water Running 10-10:50		Deep Water Running 10-10:50		
10:30							
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		
12:30							
1:00			MVCC Swim 1:00-3:00 2LL 6/24, 8/12	SACC Swim 1:00-3:00 2LL		Swim Lessons 3LL 1-2:05p	
1:30		SACC Swim 1:30-3:00 2LL					
2:00							
2:30							
3:00	White Lions Swim Team 3:00-4:30 4LL	White Lions Swim Team 3:00-4:30 4LL	White Lions Swim Team 3:00-4:30 4LL	White Lions Swim Team 3:00-4:30 4LL	Pride ST 3:00-4:00 3LL		
3:30							
4:00							
4:30	Blue Lions Swim Team 4:30-6:00 5LL	Blue Lions Swim Team 4:30-6:00 5LL	Blue Lions Swim Team 4:30-6:00 5LL				
5:00							
5:30	Pride ST 6-7 3LL	Swim Camp 6:15-7:00 3LL	Pride ST 6-7 3LL	Swim Camp 6:15-7:00 3LL			
6:00							
6:30							
7:00							
7:30							
8:00							
8:30							
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

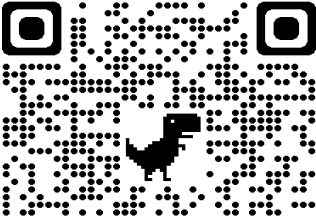


KEY: YSL = YMCA Swimming Lessons; ST = Swim Team & LL = LAP LANES
Pool Schedule is a general guideline - programs & lanes subject to change

updated
5/27/2026

Therapy Pool

2026: June 8 - August 30

	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 Adult & Therapeutic Exercise 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	Adult & Therapeutic Exercise Time w/ Private Lessons (10:00am) 9:00a-12:30p																				
9:00																											
9:30																											
10:00								Family Swim	Family Swim	Family Swim	Family Swim	Family Swim	Swim Lessons 10:00a-12:50p														
10:30								10:00-10:55a	10:00-10:55a	10:00-10:55a	10:00-10:55a	10:00-10:55a															
11:00								Arthritis & More	Adult & Therapeutic Exercise Time w/ Private Lessons 11:00-3:25p	Arthritis & More	Adult & Therapeutic Exercise Time w/ Private Lessons 11:00-3:25p	Arthritis & More		Adult & Thp. Exercise Time w/ Lessons 1:00p -2:00p	Family Swim A 12:30-1:25p												
11:30	11:00-12:00	Arthritis & More	11:00-12:00	Family Swim B 1:30-2:25p																							
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	Family Swim A 2:00-2:55p	Family Swim C 2:30-3:25p																				
12:30						Family Swim 3:30p-4:25p	Family Swim 3:30p-4:25p	Family Swim 3:30p-4:25p		Family Swim 3:30p-4:25p		Family Swim 3:30p-4:25p			Family Swim B 3:00-3:55p												
1:00													Swim Camp 4:30-6:10p		Swim Camp 4:30-6:10p	Swim Camp 4:30-6:10p	Swim Camp 4:30-6:10p	Adapted Swim Lessons 4:30-7:00pm	Family Swim C 4:00-4:55p								
1:30																			Adult & Thp. Exercise Time w/ P. Lessons 6:15-7:00p	Adult & Thp. Exercise Time w/ P. Lessons 6:15-7:00p	Water Fitness 6:10-7:00	Adult & Thp. Exercise Time w/ P. Lessons 6:15-7:00p	Adult & Thp. Exercise Time w/ P. Lessons 7:00-8:45p	Pool Closes at 3:30PM			
2:00									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 7:00-8:45p	Pool Closes at 5:00PM
2:30																											
3:00		Family Swim 7:00p-7:55p	Family Swim 7:00p-7:55p	Family Swim 7:00p-7:55p																							
3:30					Pool Closes at 8:45PM	Family Swim 7:00p-7:55p	Family Swim 7:00p-7:55p	Family Swim 7:00p-7:55p																			
4:00										Pool Schedule is a general guideline - programs subject to change		Family Swim 7:00p-7:55p	Family Swim 7:00p-7:55p		Family Swim 7:00p-7:55p												
4:30																Family Swim 7:00p-7:55p	Family Swim 7:00p-7:55p	Family Swim 7:00p-7:55p									
5:00									Family Swim 7:00p-7:55p		Family Swim 7:00p-7:55p			Family Swim 7:00p-7:55p													
5:30																			Family Swim 7:00p-7:55p	Family Swim 7:00p-7:55p	Family Swim 7:00p-7:55p						
6:00	Family Swim 7:00p-7:55p	Family Swim 7:00p-7:55p	Family Swim 7:00p-7:55p																								
6:30				Family Swim 7:00p-7:55p	Family Swim 7:00p-7:55p	Family Swim 7:00p-7:55p																					
7:00							Family Swim 7:00p-7:55p	Family Swim 7:00p-7:55p		Family Swim 7:00p-7:55p																	
7:30												Family Swim 7:00p-7:55p	Family Swim 7:00p-7:55p		Family Swim 7:00p-7:55p												
8:00									Family Swim 7:00p-7:55p		Family Swim 7:00p-7:55p			Family Swim 7:00p-7:55p													
8:30																Family Swim 7:00p-7:55p	Family Swim 7:00p-7:55p	Family Swim 7:00p-7:55p									

Pool Closes at 8:45PM
Pool Schedule is a general guideline - programs subject to change

