

Recreation Pool

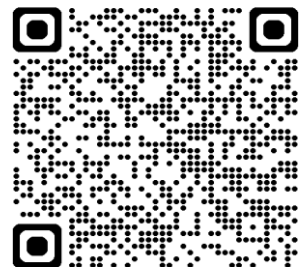
2026: September 8 - November 1

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 AM						Cubs, Pride, and White Swim Team Groups will begin practices on 9/14. There will be one swim meet on a Saturday in October, Date TBD.	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 Course 9/18-9/20, Some Lanes Closed
6:30							
7:00							
7:30							
8:00							
8:30							
9:00							
9:30							
10:00	Deep Water Running 10-10:50		Deep Water Running 10-10:50		Deep Water Running 10-10:50	Blue & White Swim Team 9:00-11:00 6LL	
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	Pride ST 5LL 11-12 Cubs ST 5LL 12-12:45	
12:30							
1:00						Swim Lessons 3LL 1-2:05	
1:30							
2:00							
2:30							
3:00							
3:30	Cubs ST 3:30-4:15 4LL						
4:00							
4:30	Blue Lions Swim Team 4:15-6:15 6LL	Blue Lions Swim Team 4:15-6:15 6LL	Blue Lions Swim Team 4:15-6:15 6LL	Blue Lions Swim Team 4:15-6:15 6LL	Blue & White Swim Team 4:15-6:15 6LL		
5:00							
5:30							
6:00							
6:30	Pride ST 6:15-7:15 6LL	Pride ST 6:15-7:15 6LL	Cubs ST + Lessons 6:15-7:00 6LL	Pride ST 6:15-7:15 6LL	Cubs ST 6:15-6:45 Pride ST 6:45-7:15 4LL		
7:00							
7:30	White Lions 7:15-8:45 6LL	White Lions 7:15-8:45 6LL	White Lions 7:00-8:30 6LL	White Lions 7:15-8:30 6LL			
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
8/31/2026

Therapy Pool

2026: September 8 - November 1

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 AM	Therapeutic Exercise Time 5:30-8:55a	Therapeutic Exercise Time 5:30-8:55a	Therapeutic Exercise Time 5:30-8:55a	Therapeutic Exercise Time 5:30-8:55a	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							
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	Therapeutic Exercise Time w/ Private Lessons (9:00am) 8:00-10:00a	Therapeutic Exercise Time w/ Private Lessons (10:00am) 9:00a-12:30p
9:00							
9:30							
10:00							
10:30							
11:00							
11:30	Family Swim 10:00-10:55a	Wet Pilates 10:10-11:00a	Family Swim 10:00-10:55a	Family Swim 10:00-10:55a	Family Swim 10:00-10:55a	Swim Lessons 10:00a-12:55p	Family Swim A 12:30-1:25p
12:00 PM							
12:30							
1:00							
1:30							
2:00							
2:30	Therapeutic Exercise Time w/ Private Lessons 12:00-3:55p	Therapeutic Exercise Time w/ Private Lessons 1:00-3:25p	Therapeutic Exercise Time w/ Private Lessons 12:00-3:55p	Therapeutic Exercise Time w/ Private Lessons 1:00-3:25p	Therapeutic Exercise Time w/ Private Lessons 12:00-3:55p	Thp. Exercise Time w/ Lessons 1:00p -2:00p	Family Swim B 1:30-2:25p
3:00							
3:30							
4:00							
4:30							
5:00							
5:30	Family Swim 4:00p-4:55p	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 2:00-2:55p	Family Swim C 2:30-3:25p
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6:30							
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7:30							
8:00							
8:30	Thpy Exercise Time w/ P. Lessons 8:00-8:45p	Thpy Exercise Time w/ P. Lessons 8:00-8:45p	Thpy Exercise Time w/ P. Lessons 8:00-8:45p	Thpy Exercise Time w/ P. Lessons 8:00-8:45p	Thpy Exercise Time w/ P. Lessons 7:00-8:00p	Pool Closes at 8:00PM	Pool Closes at 3:30PM
9:00							
9:30							
10:00							
10:30							
11:00							
11:30	Arthritis & More 11:00a-12:00p	Swim Lessons 11:00a-12:00p	Arthritis & More 11:00a-12:00p	Thpy Exercise w/ Lessons 11:00a-12:00p	Arthritis & More 11:00a-12:00p	Swim Lessons 10:00a-12:55p	Therapeutic Exercise Time w/ Private Lessons (10:00am) 9:00a-12:30p
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2:30	Therapeutic Exercise Time w/ Private Lessons 12:00-3:55p	Therapeutic Exercise Time w/ Private Lessons 1:00-3:25p	Therapeutic Exercise Time w/ Private Lessons 12:00-3:55p	Therapeutic Exercise Time w/ Private Lessons 1:00-3:25p	Therapeutic Exercise Time w/ Private Lessons 12:00-3:55p	Thp. Exercise Time w/ Lessons 1:00p -2:00p	Family Swim B 1:30-2:25p
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5:30	Swim Lessons 5:00-6:45p	Swim Lessons 4:30-6:55p	Swim Lessons 5:00-6:05p	Swim Lessons 4:30-6:55p	Adapted Swim Time (No PL) 5:00-6:00p	Pool Closes at 5:00PM	Pool Closes at 3:30PM
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8:30	Thpy Exercise Time w/ P. Lessons 8:00-8:45p	Thpy Exercise Time w/ P. Lessons 8:00-8:45p	Thpy Exercise Time w/ P. Lessons 8:00-8:45p	Thpy Exercise Time w/ P. Lessons 8:00-8:45p	Thpy Exercise Time w/ P. Lessons 7:00-8:00p	Pool Closes at 8:00PM	Pool Closes at 3:30PM
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11:30	Arthritis & More 11:00a-12:00p	Swim Lessons 11:00a-12:00p	Arthritis & More 11:00a-12:00p	Thpy Exercise w/ Lessons 11:00a-12:00p	Arthritis &		

Pool Closes at 8:45PM

Pool Schedule is a general guideline - programs subject to change

