

Recreation Pool

2026: August 17 - August 30

	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	Sunday		
5:30 AM			Adult Lap Swim Class 3 LL 6-7am				Adult Lap Swim Class 3 LL 6-7am		Blue Lions Swim Team 7:00-9:00 4LL		Both pools will close at 12:00pm on Sunday 8/30 for Annual Maintenance. They will re-open at 5:30am on Tuesday 9/8.		During the times when only 2 lap lanes are available, lap swimming only permitted unless accompanied by a YMCA aquatic staff	
6:00														
6:30														
7:00														
7:30														
8:00														
8:30														
9:00														
9:30														
10:00	Deep Water Running 10-10:50	4 L			Deep Water Running 10-10:50	4 L			Deep Water Running 10-10:50	4 L	Blue & White Swim Team 9:00-11:00 6LL 2 L L		Swim Team Ends Friday 8/21	
10:30	L			L			L							
11:00														
11:30														
12:00 PM	Power Lunch	4 L			Power Lunch	4 L			Power Lunch	4 L				
12:30	12:10-12:55	L			12:10-12:55	L			12:10-12:55	L				
1:00														
1:30														
2:00														
2:30														
3:00	White Lions Swim Team 3:00-4:30 4LL	4 L	White Lions Swim Team 3:00-4:30 4LL	4 L	White Lions Swim Team 3:00-4:30 4LL	4 L	White Lions Swim Team 3:00-4:30 4LL	4 L	Pride ST 3:00-4:00 3LL	5 L	Pool Closes at 3:30PM			
3:30	L	L	L	L	L	L	L	L	L					
4:00														
4:30	Blue Lions Swim Team 4:30-6:00 5LL	3 L	Blue Lions Swim Team 4:30-6:00 5LL	3 L	Blue Lions Swim Team 4:30-6:00 5LL	3 L								
5:00	L	L	L	L	L	L								
5:30														
6:00	Pride ST 6-7 3LL	5 L			Pride ST 6-7 3LL	5 L								
6:30	L	L			L	L								
7:00														
7:30														
8:00														
8:30														
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

8/14/2026



Therapy Pool

2026: August 17 - 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							
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 (9:00am) 8:00a-1:55p	Pools Close at 12:00pm on Sunday 8/30
9:30	9:00-10:00a	9:00-10:00a	9:00-10:00a	9:00-10:00a	9:00-10:00a		
10:00	Family Swim	Family Swim	Family Swim	Family Swim	Family Swim		Adult & Therapeutic Exercise Time w/ Private Lessons (10:00am) 9:00a-12:30p
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 11:00-12:00	Adult & Therapeutic Exercise Time w/ Private Lessons 11:00-3:25p	Arthritis & More 11:00-12:00	Adult & Therapeutic Exercise Time w/ Private Lessons 11:00-3:25p	Arthritis & More 11:00-12:00		
11:30							
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		
12:30							
1:00							
1:30							
2:00							
2:30							
3:00							
3:30	Family Swim	Family Swim	Family Swim	Family Swim	Family Swim	Family Swim A 12:30-1:25p	
4:00	3:30p-4:25p	3:30p-4:25p	3:30p-4:25p	3:30p-4:25p	3:30p-4:25p	Family Swim B 1:30-2:25p	
4:30	Family Swim	Family Swim	Family Swim	Family Swim	Adapted Swim Lessons 4:30-7:00pm	Family Swim C 2:30-3:25p	
5:00	4:30p-5:25p	4:30p-5:25p	4:30p-5:25p	4:30p-5:25p			
5:30	Adult & Thp. Exercise Time w/ P. Lessons 5:30-7:00p	Adult & Thp. Exercise Time w/ P. Lessons 5:30-7:00p	A&T Exercise	Adult & Thp. Exercise Time w/ P. Lessons 5:30-7:00p			
6:00			Water Fitness 6:10-7:00				
6:30							
7:00	Family Swim	Family Swim	Family Swim	Family Swim	Family Swim	Pool Closes at 3:30PM	
7:30	7:00p-7:55p	7:00p-7:55p	7:00p-7:55p	7:00p-7:55p	7:00p-7:55p		
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							

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



Pool Closes at 8:45PM

Pool Schedule is a general guideline - programs subject to change

