

Recreation Pool

2026: September 8 - November 1

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 AM						There will be a home swim meet on Saturday 10/17/26 . The pool will be closed until about 2pm.	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							LG Course 9/18-9/20, Some Lanes Closed
8:30							
9:00							
9:30						Blue & White Swim Team 9:00-11:00 6LL	2 L L
10:00							
10:30	Deep Water Running 10-10:50		Deep Water Running 10-10:50		Deep Water Running 10-10:50		
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 3LL 1-2:05	5 L L
1:00							
1:30					FS SL 1:15-2:15pm 2LL		
2:00							
2:30							
3:00							
3:30	Cubs ST 3:30-4:15 4LL						Pool Closes at 3:30PM
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						Pool Closes at 5:00PM	
5:30							
6:00	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		
6:30							
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						

KEY: YSL = YMCA Swimming Lessons; ST = Swim Team & LL = LAP LANES

Pool Schedule is a general guideline - programs & lanes subject to change

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



updated

9/22/2026

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						Therapeutic Exercise Time w/ Private Lessons (9:00am) 8:00-10:00a		
9:00								
9:30	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	Swim Lessons 10:00a-12:55p	Therapeutic Exercise Time w/ Private Lessons (10:00am) 9:00a-12:30p	
10:00								
10:30								
11:00								
11:30								
12:00 PM	Therapeutic Exercise Time w/ Private Lessons 12:00-3:55p	Therapeutic Exercise Time w/ Private Lessons 12:00-3:25p	Therapeutic Exercise Time w/ Private Lessons 12:00-3:55p	Gym & Swim 12:00-1:00p	Therapeutic Exercise Time w/ Private Lessons 12:00-3:55p		Thp. Exercise Time w/ Lessons 1:00p -2:00p	Family Swim A 12:30-1:25p
12:30								
1:00								
1:30								
2:00								
2:30								
3:00								
3:30	Family Swim 3:30p-4:25p	Family Swim 3:30p-4:25p	Family Swim 3:30p-4:25p	Family Swim 4:00p-4:55p	Adapted Swim Time (No PL) 5:00-6:00p	Adapted Swim Lessons 6:00-7:00p	Family Swim C 2:30-3:25p	
4:00								
4:30								
5:00								
5:30								
6:00								
6:30								
7:00								
7:30								
8:00								
8:30								
	Pool Closes at 8:45PM							

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

