Recreation Pool

2026: November 1 - December 18

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 AM							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							
7:00							
7:30							
8:00							LG Course 11/7 - 11/8, Some Lanes Closed
8:30							
9:00						Blue & White Swim Team 9:00-11:00 6LL — 2 LL	
9:30							
10:00	**Deep Water Running 10-10:50** — 4 LL		**Deep Water Running 10-10:50** — 4 LL		**Deep Water Running 10-10:50** — 4 LL		
10:30							
11:00						Pride ST 5LL 11-12 Cubs ST 5LL 12-12:45 — 3 LL	
11:30							
12:00 PM	**Power Lunch** 12:10-12:55 — 4 LL		**Power Lunch** 12:10-12:55 — 4 LL		**Power Lunch** 12:10-12:55 — 4 LL		
12:30							
1:00					FS SL 1:15-2:15pm 2LL — 6 LL	Swim Lessons 3LL 1-2:05 — 5 LL	
1:30							
2:00							
2:30							
3:00							
3:30	Cubs ST 3:30-4:15 4LL — 4 LL						
4:00		Blue Lions Swim Team 4:15-6:15 6LL — 2 LL	Blue Lions Swim Team 4:15-6:15 6LL — 2 LL	Blue Lions Swim Team 4:15-6:15 6LL — 2 LL	Blue & White Swim Team 4:15-6:15 6LL — 2 LL		**Pool Closes at 3:30PM**
4:30	Blue Lions Swim Team 4:15-6:15 6LL — 2 LL						
5:00						**Pool Closes at 5:00PM**	
5:30			Cubs ST + Lessons 6:15-7:00 6LL — 2 LL				
6:00							
6:30	Pride ST 6:15-7:15 6LL — 2 LL	Pride ST 6:15-7:15 6LL — 2 LL		Pride ST 6:15-7:15 6LL — 2 LL	PV/Cubs ST 6:15-6:45 PV/Pride ST 6:45-7:15 LL — 2 LL	For the most up-to-date schedule, use phone camera on QR code	
7:00			White Lions 7:00-8:30 6LL — 2 LL				
7:30	White Lions 7:15-8:45 6LL — 2 LL	White Lions 7:15-8:45 6LL — 2 LL		White Lions 7:15-8:30 6LL — 2 LL			
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

updated 11/2/2026

Therapy Pool

2026: November 1 - December 18

	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						Therapeutic Exercise Time w/ Private Lessons (9:00am) 8:00-10:00a	
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**		Therapeutic Exercise Time w/ Private Lessons (10:00am) 9:00a-12:30p
9:30							
10:00	**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	
10:30							
11:00	**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		
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		**Family Swim A 12:30-1:25p**
12:30							
1:00				Therapeutic Exercise Time w/ Private Lessons 1:00-3:25p		Thp. Exercise Time w/ Lessons 1:00p -2:00p	**Family Swim B 1:30-2:25p**
1:30							
2:00						**Family Swim A 2:00-2:55p**	**Family Swim C 2:30-3:25p**
2:30							
3:00						**Family Swim B 3:00-3:55p**	
3:30		**Family Swim 3:30p-4:25p**		**Family Swim 3:30p-4:25p**			
4:00	**Family Swim 4:00p-4:55p**		**Family Swim 4:00p-4:55p**		**Family Swim 4:00p-4:55p**	**Family Swim C 4:00-4:55p**	**Pool Closes at 3:30PM**
4:30		Swim Lessons 4:30-6:55p		Swim Lessons 4:30-6:55p			
5:00	Swim Lessons 5:00-6:45p		Swim Lessons 5:00-6:05p		Adapted Swim Time (No PL) 5:00-6:00p	**Pool Closes at 5:00PM**	
5:30							
6:00			Water Fitness 6:10-7:00p		Adapted Swim Lessons 6:00-7:00p	For the most up-to-date schedule, use phone camera on QR code	
6:30							
7:00	**Family Swim 7:00p-7:55p**	**Family Swim 7:00p-7:55p**	**Family Swim 7:00p-7:55p**	**Family Swim 7:00p-7:55p**	Thpy Exercise Time w/ P. Lessons 7:00-8:00p		
7:30							
8:00	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	**Pool Closes at 8:00PM**		
8:30							

Pool Closes at 8:45PM

Pool Schedule is a general guideline - programs subject to change