AQUATICS

the YMCA

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Main Pool Schedule

August 31 – December 31, 2026

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
5:00am	Lap Swim/ Walking 5-8am	Lap Swim/ Walking 5-9am	Lap Swim/ Walking 5-8am	Lap Swim/ Walking 5-9am	Lap Swim/ Walking 5-8am			5:00am
6:00am								6:00am
7:00am						Lap Swim/ Walking 7am-1pm		7:00am
8:00am	Water Fitness Wave Makers 8-9am	Water Fitness Inspire 8-9am	Water Fitness Wave Makers 8-9am	Water Fitness Inspire 8-9am	Water Fitness Wave Makers 8-9am			8:00am
9:00am	Water Fitness HIIT 9-10am	Inspire 9-10am	Water Fitness HIIT 9-10am	Inspire 9-10am	Water Fitness HIIT 9-10am			9:00am
10:00am	Water Fitness Wave Makers 10-11am	Water Resistance 10-11am	Water Fitness Wave Makers 10-11am	Water Resistance 10-11am	Water Fitness Wave Makers 10-11am			10:00am
11:00am	Stretching & Strengthen 11-12pm	Joyful Joints 11-12pm	Stretching & Strengthen 11-12pm	Joyful Joints 11-12pm	Stretching & Strengthen 11-12pm		Lap Swim/ Walking 11am-1pm	11:00am
12:00pm	Lap Swim/ Walking	Lap Swim/ Walking 12-4pm	Lap Swim/ Walking	Lap Swim/ Walking 12-4pm	Lap Swim/ Walking			12:00pm
1:00pm	Water Fitness 1-2pm		Water Fitness 1-2pm		Water Fitness 1-2pm	Open Swim 1-3:30pm	Open Swim 1-3:30pm	1:00pm
2;00pm	Lap Swim/ Walking 2-4pm		Lap Swim/ Walking 2-4pm		Lap Swim/ Walking 2-6pm			2:00pm
3:00pm								3:00pm
3:30pm						GROUPS ARE NOT ALLOWED DURING OPEN SWIMS		3:30pm
4:00pm	Swim Lessons/ Swim Team 4-6pm (2 Lap Lanes) Nov 9th-Feb	Swim Lessons/ Swim Team 4-6pm (2 Lap Lanes) Nov 9th-Feb	Swim Lessons/ Swim Team 4-6pm (2 Lap Lanes) Nov 9th-Feb	Swim Lessons/ Swim Team 4-6pm (2 Lap Lanes) Nov 9th-Feb				4:00pm
5:00pm								5:00pm
6:00pm	Open Swim 6-8:30pm	Aqua Zumba 6-7pm	Open Swim 6-8:30pm	Inspire 6-7pm	Open Swim 6-7:30pm			6:00pm
7:00pm		Lap Swim 7-8:30pm		Lap Swim 7-8:30pm				7:00pm
7:30pm								7:30pm
8:30pm								8:30pm

- LAP SWIM: There is always at least one lane available for lap swim in the main pool, sometimes two or three, depending on use.
- Water in unbreakable container is only beverage allowed on pool decks. NO GLASS