



LARGE POOL SCHEDULE

Revised 1/1/2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Lap Swim 5:30-10:00	Lap Swim 5:30-9:55	Lap Swim 5:30-9:55	Lap Swim 5:30-9:55	Lap Swim 5:30-10:00	THE YMCA OPENS AT 8:00AM SATURDAY AND SUNDAY	
Adult Swim 10:05-11:00	Aqua Aerobics w/Bertie 10:00-11:00	Aqua Aerobics w/Angela 10:00-11:00	Aqua Aerobics w/Bertie 10:00-11:00	Adult Swim 10:05-11:00	Lap Swim 8:00-8:55	Lap Swim 8:00-10:55
Water Yoga w/ Susan 11:00-11:55	Aqua Fit W/Lorie 11:00-11:55	Adult Swim 11:05-12:00	Aqua Fit W/Lorie 11:00-11:55	Water Yoga w/ Susan 11:00-11:55	2 lanes 10:00-11:00, 4 lanes 11-1:50 Swim lessons	Swim Lessons 10:30-12:30 1 Lap Lane
Aqua Aerobics w/Sky 12:00-12:55	Adult Swim 12:00-12:55	Aqua Aerobics w/Nicole 12:00-12:55	Adult Swim 12:00-12:55	Aqua Fit w/Lorie 12:00-12:55	Lap Swim 10:00-11:00	Family Swim 11:00-2:55
Lap Swim 1:00-3:15	Lap Swim 1:00-4:00	Lap Swim 1:00-3:15	Lap Swim 1:00-4:00	Lap Swim 1:00-4:00	Family Swim 1:55-4:00	Lap Swim 3:00-5:45
Family Swim 3:20-5:40	Swim Lesson 3:45-6:45 2 Lap Lane	Swim Lesson 3:45-6:45 2 Lap Lane	Swim Lessons 4:00 - 7:20 2 Lap Lanes	Swim Lessons 4:00 - 7:20 2 Lap Lanes	Family Swim 4:05-6:40	Lap Swim 4:05-5:45
Aqua Fit w/Debbie 5:45-6:40	Lap Swim 4:00-8:00 2 Lap Lanes	Aqua Aerobics w/Bertie 5:45-6:40	Lap Swim 6:45-8:00 2 Lap Lanes	Lap Swim 6:45-8:00 2 Lap Lanes	Lap Swim 6:45-8:00	THE YMCA POOL CLOSES AT 5:45PM SATURDAY AND SUNDAY
Family Swim 6:45-8:00 2 Lap Lanes	Swim Lessons 6:45 - 7:30 2 Lap Lanes					

- FAMILY SWIM:** For all ages (Age 6 & under must be accompanied in the pool by an adult): Fee \$12 per Family
- ADULT SWIM:** Must be 15 years of age or older. Unless approved by Aquatics Director or Lifeguard.

POOL CLOSES AT 8:00PM MONDAY THROUGH FRIDAY



SMALL POOL SCHEDULE

Revised 1/1/2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
ADULT OPEN EXERCISE 5:30-8:30						
Family Swim 8:30-10:55	Family Swim 8:30-9:55	Family Swim 8:30-9:55	Family Swim 8:30-9:55	Family Swim 8:30-9:55	Adult Open Exercise 8:00-8:55	Adults share with Sensory Swim (Quiet Hour) 8:00-10:30
	Aqua Aerobics w/Bertie 10:00-11:00	Aqua Aerobics w/Angela 10:00-11:00	Aqua Aerobics w/Bertie 10:00-11:00	SWIM LESSONS ONLY 10:00-11:00	Aqua Fit w/Lorie 9:00-9:55	*Sensory Swim 9:00-10:30
Adult Open Exercise 11:00-11:55	Aqua Fit w/Lorie 11:00- 12:00	Adult Open Exercise 11:00-11:55	Aqua Fit w/Lorie 11:00-12:00	Adult Open Exercise 11:00-11:55	SWIM LESSONS ONLY 10:00- 1:50	SWIM LESSONS ONLY 10:30-12:30
Aqua Aerobics w/Sky 12:00- 12:55	Adult Open Exercise 12:00-1:45	Aqua Aerobics w/Nicole 12:00-12:55	Adult Open Exercise 12:00-1:45	Aqua Fit w/Lorie 12:00- 12:55		
Adult Exercise 1:00-1:40		Adult Open Exercise 1:00- 3:00		Adult Exercise 1:00-1:40		
Water Wellness w/JoRene 1:45-2:30	Family Swim 1:50-3:55		Family Swim 1:50-3:55	Water Wellness w/JoRene 1:45-2:30		
Adult Open Exercise 2:30-3:00				*Sensory Swim 2:30- 4:00	Family Swim 2:00-5:30	Family Swim 12:35-3:30
Family Swim 3:05-3:55		Family Swim 3:05-3:55				
Swim Lessons 4:00-7:00	Swim Lessons 4:00-7:00	Swim Lessons 4:00-7:00	Swim Lessons 4:00-7:00	Family Swim 4:05-6:40		
Adult Open Exercise 7:00-8:00	Family Swim 7:00-8:00	Adult Open Exercise 7:00-8:00	Family Swim 7:00-8:00	Adult Open Exercise 6:45-8:00	<p>*Sensory Swim Time: <i>No reservations needed.</i> A quieter time for kids and adults with sensory, motor or developmental needs.</p>	