



Revised 1/1/2026

LARGE POOL SCHEDULE

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	
					Lap Swim 8:00-8:55	Lap Swim 8:00-10:55
					Aqua Fit W/Lorie 9:00-9:55	
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	2 lanes 10:00-11:00, 4 lanes 11-1:50 Swim lessons Lap Swim 2 lanes 10:00-11:00	Swim Lessons 10:30-12:30 1 Lap Lane
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		Family Swim 11:00-2:55
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 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		Family Swim 3:20-5:40				
Swim Lesson 3:45-6:45 2 Lap Lane	Swim Lessons 4:00 - 7:20 2 Lap Lanes	Swim Lesson 3:45-6:45 2 Lap Lane	Swim Lessons 4:00 - 7:20 2 Lap Lanes	Family Swim 4:05-6:40	Lap Swim 4:05-5:45	THE YMCA POOL CLOSSES AT 5:45PM SATURDAY AND SUNDAY
Aqua Fit w/Debbie 5:45-6:40		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		

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 CLOSSES 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	<i>Adults share with Sensory Swim (Quiet Hour) 8:00-10:30</i>
	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	
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		SWIM LESSONS ONLY 10:30-12:30
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		Family Swim 12:35-3:30
Adult Open Exercise 2:30-3:00				*Sensory Swim 2:30- 4:00		
Family Swim 3:05-3:55		Family Swim 3:05-3:55			Family Swim 2:00-5:30	
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 5:30-5:45	Adult Open Exercise 3:30-5:45
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	*Sensory Swim Time: No reservations needed. A quieter time for kids and adults with sensory, motor or developmental needs.	