



MAIN POOL SCHEDULE

January 1 – March 31, 2025

Please check white board on pool deck for any scheduling changes.

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
CLOSED	5:00–7:30 LAP / WW ALL LANES	5:00–7:30 LAP / WW ALL LANES	5:00–7:30 LAP / WW ALL LANES	5:00–7:30 LAP / WW ALL LANES	5:00–7:30 LAP / WW ALL LANES	CLOSED
	7:30–8:30 AQUA FITNESS ALL LANES NO LAP LANES	7:30–8:30 AQUA AEROBICS 4 LANES NO LAP LANES	7:30–8:30 AQUA FITNESS ALL LANES NO LAP LANES	7:30–8:30 AQUA AEROBICS 4 LANES NO LAP LANES	7:30–8:30 AQUA FITNESS ALL LANES NO LAP LANES	
	8:30–9:30 H.E.A.R.T. ALL LANES NO LAP LANES	8:30–9:30 H.E.A.R.T. ALL LANES NO LAP LANES	8:30–9:30 H.E.A.R.T. ALL LANES NO LAP LANES	8:30–9:30 H.E.A.R.T. ALL LANES NO LAP LANES	8:30–9:30 H.E.A.R.T. ALL LANES NO LAP LANES	9:00–1:00 LAP / WW ALL LANES
10:00–NOON LAP / WW ALL LANES	9:30–1:00 LAP / WW Private Lessons ALL LANES	9:30–1:00 LAP / WW Private Lessons ALL LANES	9:30–1:00 LAP / WW Private Lessons ALL LANES	9:30–1:00 LAP / WW Private Lessons ALL LANES	9:30–1:00 LAP / WW Private Lessons ALL LANES	
NOON–1:45 OPEN SWIM ALL LANES	1:00–2:00 SCHOOL GROUP LESSONS NO LAP LANES	1:00–2:00 SCHOOL GROUP LESSONS NO LAP LANES	1:00–2:00 SCHOOL GROUP LESSONS NO LAP LANES	1:00–2:00 SCHOOL GROUP LESSONS NO LAP LANES	1:00–2:00 SCHOOL GROUP LESSONS NO LAP LANES	1:00–2:45 OPEN SWIM ALL LANES
CLOSED	2:00–4:30 LAP / WW ALL LANES	2:00–4:30 LAP / WW ALL LANES	2:00–4:30 LAP / WW ALL LANES	2:00–4:30 LAP / WW ALL LANES	2:00–4:30 LAP / WW ALL LANES	3:00–5:00 PROGRAMS & RENTALS
	4:30–5:30 3 LANES LAP / WW 3 LANES WWSC	4:30–5:30 3 LANES LAP / WW 3 LANES WWSC	4:30–5:30 3 LANES LAP / WW 3 LANES WWSC	4:30–5:30 3 LANES LAP / WW 3 LANES WWSC	4:30–5:30 3 LANES LAP / WW 3 LANES WWSC	
	5:30–7:00 Y SWIM LESSONS	5:30–7:00 Y SWIM LESSONS	5:30–7:00 Y SWIM LESSONS	5:30–7:00 Y SWIM LESSONS	5:30–6:30 OPEN SWIM 2 LAP LANES	CLOSED
	7:00–8:00 LAP / WW ALL LANES	7:00–8:00 LAP / WW ALL LANES	7:00–8:00 LAP / WW ALL LANES	7:00–8:00 LAP / WW ALL LANES	7:00–8:00 LAP / WW ALL LANES	



WARM POOL SCHEDULE

January 1 – March 31, 2025

Please check white board on pool deck for any scheduling changes.

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
CLOSED	6:00–9:45 ADULT OPEN 18+ Only	6:00–9:45 ADULT OPEN 18+ Only	6:00–9:45 ADULT OPEN 18+ Only	6:00–9:45 ADULT OPEN 18+ Only	6:00–10:30 ADULT OPEN 18+ Only	CLOSED
10:00–NOON ADULT OPEN 18+ Only	9:45–10:30 Joint Mobility and Stretch	9:45–10:30 LIGHT AEROBICS	9:45–10:30 Joint Mobility and Stretch	9:45–10:30 LIGHT AEROBICS		9:00–10:00 VETERANS' SWIM Spouses Welcome 18+ Only
NOON–1:45 OPEN SWIM	10:30–1:00 ADULT OPEN 18+ Only	10:30–11:30 ADULT OPEN 18+ Only	10:30–11:30 YMCA PRESCHOOL <i>Every 1st and 3rd week of the Month</i>	10:30–11:30 YMCA PRESCHOOL <i>Every 1st and 3rd week of the Month</i>	10:30–11:30 YMCA PRESCHOOL <i>Every 1st and 3rd week of the Month</i>	10:00–2:45 OPEN SWIM
		11:30–1:00 VETERANS' SWIM Spouses Welcome 18+ Only	11:30–1:00 ADULT OPEN 18+ Only	11:30–1:00 VETERANS' SWIM Spouses Welcome 18+ Only	11:30–1:00 OPEN SWIM FOR FAMILIES WITH SMALL CHILDREN	
	1:00–2:00 SCHOOL GROUP LESSONS	1:00–2:00 SCHOOL GROUP LESSONS	1:00–2:00 SCHOOL GROUP LESSONS	1:00–2:00 SCHOOL GROUP LESSONS	1:00–2:00 SCHOOL GROUP LESSONS	
CLOSED	2:00–4:30 OPEN SWIM	2:00–4:30 ADULT OPEN 18+ Only	2:00–4:30 OPEN SWIM	2:00–4:30 ADULT OPEN 18+ Only	2:00–4:30 ADULT OPEN 18+ Only	
	4:30–7:00 SWIM LESSONS	4:30–7:00 SWIM LESSONS	4:30–7:00 SWIM LESSONS	4:30–7:00 SWIM LESSONS	4:30–7:45 OPEN SWIM	
	7:00–7:45 OPEN SWIM	7:00–7:45 OPEN SWIM	7:00–7:45 OPEN SWIM	7:00–7:45 OPEN SWIM		CLOSED