

Find your Y

Pool Schedule

Pool Hours:

Mon – Thurs: 5:00 AM – 4:00 PM
6:15 PM – 8:30 PM
Friday: 5:00 AM – 8:30 PM
Saturday: 8:00 AM – 5:30 PM
Sunday: 12:00 PM – 5:30 PM

The Aquatics Facility is closed Monday – Thursday
from 4:00 – 6:15 PM for swim lessons.

	Monday	Tuesday	Wednesday	Thursday	Friday
5:15 AM	Water Aerobics Lap Pool 5:15 – 6:15 AM	Water Aerobics Lap Pool 5:15 – 6:15 AM	Water Aerobics Lap Pool 5:15 – 6:15 AM	Water Aerobics Lap Pool 5:15 – 6:15 AM	Water Aerobics Lap Pool 5:15 – 6:15 AM
7:30 AM	Technical Water Aerobics 7:30 – 8:30 AM Family Pool		Technical Water Aerobics 7:30 – 8:30 AM Family Pool		Technical Water Aerobics 7:30 – 8:30 AM Family Pool
8:30 AM	Technical Water Aerobics 8:30 – 9:30 AM Family Pool	Technical Water Aerobics 8:30 – 9:30 AM Family Pool		Technical Water Aerobics 8:30 – 9:30 AM Family Pool	
9:00 AM		Water Aerobics 9:00 – 10:00 AM Lap Pool		Water Aerobics 9:00 – 10:00 AM Lap Pool	
11:00 AM		Total Body Water Wellness 11:00 – 12:00 PM Family Pool		Total Body Water Wellness 11:00 – 12:00 PM Family Pool	
5:15 PM	Water Exercise Family Pool	Water Exercise Family Pool	Water Exercise Family Pool	Water Exercise Family Pool	

With Cheryl
With Becky

With Sandy A

With Sandy A

With Ellen
With Sandy M

With Kim

With Shande
With Sarah
With Tawni

Swim Lessons

If you are interested in swim lessons, the YMCA offers both private and group lessons throughout the year.

After school and summer campers are generally in the pool
from 3:30 – 4:30 PM on Monday and Friday.

SCHEDULE MAY VARY Rev. June 25



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY