

Pool Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	
5:00 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	With Cheryl With Becky H
8:00 AM	Technical Water Aerobics Family Pool		Technical Water Aerobics Family Pool		Water Aerobics Family Pool 8 - 9:00 AM Water Interval Lap Pool 8:30 - 9:30 AM	With Sandy A With Jackie
9:00 AM	Technical Water Aerobics Family Pool	Technical Water Aerobics Family Pool Water Aerobics Lap Pool		Technical Water Aerobics Family Pool Water Aerobics Lap Pool	Water Interval Lap Pool 8:30 - 9:30	With Sandy A With Jackie With Ellen With Sandy M
11:00 AM		Total Body Water Wellness Family Pool		Total Body Water Wellness Family Pool		With Kim
5:15 PM	Water Exercise Family Pool	Water Exercise Family Pool	Water Exercise Family Pool	Water Exercise Family Pool		With Shande With Sarah D With Tawni
Both Pools Closed Monday - Thursday from 1:00 - 3:00 and 4:00 - 6:15 PM						
4 - 6:15 PM	Swim Lessons Swim Club Both Pools Closed	Swim Lessons Swim Club Both Pools Closed	Swim Lessons Swim Club Both Pools Closed	Swim Lessons Swim Club Both Pools Closed	Swim Club Lap Pool 2 Lanes Open	



Open Swim: Mon - Thur 5 AM - 1 PM
 3 PM - 4 PM
 6:15 - 8:30 PM
 Fri 5 AM - 8:30 PM
 Sat 8 AM - 5:30 PM
 Sun 12 PM - 5:30 PM

The Aquatics Center is closed Mon - Thurs
 from 1 - 3 & 4 - 6:15 PM

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

After school children generally are in the pool
 from 3:30 - 4:30 PM on Mondays and Fridays, but
 that varies.

Schedule is subject to change. Revised May 2025