

Recreation Pool

2024: Mid December, 12/16-12/22

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 AM						Schedules for the rest of December will be different each week. Please check dates to be certain of the varying pool hours.	During the times when only 2 lap lanes are available, lap swimming only permitted unless accompanied by a YMCA aquatic staff
6:00		Adult Lap Swim Class 3 LL 6-7am		Adult Lap Swim Class 3 LL 6-7am			
6:30							
7:00							
7:30							
8:00							
8:30							Swim Lessons End 12/14, WF Classes End 12/20
9:00							
9:30							
10:00	Deep Water Running 10-10:50		Deep Water Running 10-10:50		Deep Water Running 10-10:50		
10:30							
11:00							
11:30							
12:00 PM	Power Lunch 12:10-12:55		Power Lunch 12:10-12:55		Power Lunch 12:10-12:55		
12:30							
1:00							
1:30							
2:00							
2:30							
3:00							
3:30	Cubs ST 3:30-4:15 6LL		Cubs ST 3:30-4:15 6LL				Pool Closes at 3:30PM
4:00		Blue Lions Swim Team 4:15-6:15 6LL		Blue Lions Swim Team 4:15-6:15 6LL			
4:30	Blue Lions Swim Team 4:15-6:15 6LL				Blue & White Swim Team 4:15-6:15 6LL		
5:00							
5:30							
6:00							
6:30	Pride ST 6:15-7:15 8LL	Pride ST 6:15-7:15 8LL	Pride ST & Lessons 6:15-7:15 8LL	Pride ST 6:15-7:15 8LL	Cubs ST 6:15-7:00 6LL		
7:00							
7:30	White Lions 7:15-8:45 6LL	White Lions 7:15-8:45 6LL	White Lions 7:15-8:45 6LL	White Lions 7:15-8:45 6LL			
8:00							
8:30							
9:00	Pool Closes at 8:45 PM						

For the most up-to-date schedule, use phone camera on QR code



KEY: YSL = YMCA Swimming Lessons; ST = Swim Team & LL = LAP LANES
Pool Schedule is a general guideline - programs & lanes subject to change

updated
12/12/2024

Therapy Pool

2024: Mid December, 12/16-12/22

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 AM	Adult & Therapeutic Exercise Time 5:30-9:00a	Adult & Therapeutic Exercise Time 5:30-9:00a	Adult & Therapeutic Exercise Time 5:30-9:00a	Adult & Therapeutic Exercise Time 5:30-9:00a	Adult & Therapeutic Exercise Time 5:30-9:00a	There will be NO private lessons allowed in the therapy pool during the first hour of Member Workout on weekends.	Family Swim time requires a wristband that you can pick up at the front desk up to 15 minutes before that session. The band is good for one session only.
6:00							
6:30							
7:00							
7:30							
8:00							
8:30	Cardio Strength & Stretch 9:00-10:00a	Cardio Strength & Stretch 9:00-10:00a	Cardio Strength & Stretch 9:00-10:00a	Cardio Strength & Stretch 9:00-10:00a	Cardio Strength & Stretch 9:00-10:00a	Adult & Therapeutic Exercise Time w/ Private Lessons (9:00am) 8:00a-2:00p	Sun 12/15, Pool Closed @ 12:30pm for Wibit Events
9:00							
9:30							
10:00							
10:30							
11:00							
11:30	Adult & Therapeutic Exercise w/ PL 10:00-11:00a	Family Swim 10:00-10:55a	Adult & Therapeutic Exercise w/ PL 10:00-11:00a	Family Swim 10:00-10:55a	Adult & Therapeutic Exercise w/ PL 10:00-11:00a	Adult & Therapeutic Exercise Time w/ Private Lessons (9:00am) 8:00a-2:00p	Adult & Therapeutic Exercise Time w/ Private Lessons (10:00am) 9:00am-12:30pm
11:00							
11:30							
12:00 PM							
12:30							
1:00							
1:30	Arthritis & More 11:00-12:00	Family Swim 11:00-11:55a	Arthritis & More 11:00-12:00	Family Swim 11:00-11:55a	Arthritis & More 11:00-12:00	Adult & Therapeutic Exercise Time w/ Private Lessons 12:00-3:55p	Family Swim A 12:30-1:25p
2:00							
2:30							
3:00							
3:30							
4:00							
4:30	Adult & Therapeutic Exercise Time w/ Private Lessons 12:00-3:55p	Adult & Therapeutic Exercise Time w/ Private Lessons 12:00-3:55p	Adult & Therapeutic Exercise Time w/ Private Lessons 12:00-3:55p	Adult & Therapeutic Exercise Time w/ Private Lessons 12:00-3:55p	Adult & Therapeutic Exercise Time w/ Private Lessons 12:00-3:55p	Family Swim A 2:00-2:55p	Family Swim B 1:30-2:25p
1:00							
1:30							
2:00							
2:30							
3:00							
3:30							
4:00	Family Swim 4:00p-4:55p	Family Swim 4:00p-4:55p	Family Swim 4:00p-4:55p	Family Swim 4:00p-4:55p	Family Swim 4:00p-4:55p	Family Swim A 2:00-2:55p	Family Swim C 2:30-3:25p
4:30							
5:00							
5:30							
6:00							
6:30							
7:00	Family Swim 5:00p-5:55p	Family Swim 5:00p-5:55p	Family Swim 5:00p-5:55p	Family Swim 5:00p-5:55p	Family Swim 5:00p-5:55p	Family Swim C 4:00-4:55p	Pool Closes at 3:30PM
4:30							
5:00							
5:30							
6:00							
6:30							
7:00	Family Swim 5:00p-5:55p	Family Swim 5:00p-5:55p	Family Swim 5:00p-5:55p	Family Swim 5:00p-5:55p	Family Swim 5:00p-5:55p	Family Swim C 4:00-4:55p	Pool Closes at 5:00PM
5:00							
5:30							
6:00							
6:30							
7:00							
7:30	Adult & Therapeutic Exercise Time 6:00-8:00	Adult & Therapeutic Exercise Time 6:00-8:00	Water Fitness 6:10-7:00	Adult & Therapeutic Exercise Time 6:00-7:00	Adult & Therapeutic Exercise Time 5:00-7:00	For the most up-to-date schedule, use phone camera on QR code	Pool Closes at 7:00pm
6:00							
6:30							
7:00							
7:30							
8:00							
8:00	Pool Closes at 8:00pm						

Pool Schedule is a general guideline - programs subject to change

