

Recreation Pool

2025: Winter 1/6-3/9

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 AM						Rec Pool Closed 1/11 and 2/1 8am-3pm, Sun 2/23 11:30-Close. No Swim Lessons.	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		Lanes Closed Sun 2/2 1:00-3:30, for Wibit Event	LG Cert Courses: 2/15-16, 3/14-16, 3/22-23 Some Lanes
6:30							
7:00							
7:30							
8:00							
8:30						Sat 1/11 & 2/1, Swim Meet 8am-3pm	
9:00							
9:30						Sat 2/8, 2/22, 3/2, Swim Team Practice 6LL 9am-1pm	
10:00	Deep Water Running 10-10:50		Deep Water Running 10-10:50		Deep Water Running 10-10:50		
10:30							
11:00						All Other Weekends 8LL Open 8am-1pm	
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						Swim Lessons 1:00-1:30	
1:00							Wibit Event 2/2, Set-Up 1:00-1:30pm Event Runs 1:30-3:30pm
1:30			1/29 PFBC Training 4 Lanes 1:30-3:30				
2:00							
2:30							
3:00							
3:30	Cubs ST 3:30-4:15 6LL		Cubs ST 3:30-4:15 6LL			2/1 PFBC Training 4 Lanes 3:00-5:00	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 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	Pool Closes at 5:00PM	
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						

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

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



updated
1/21/2025

Therapy Pool

2025: Winter 1/6-3/9

	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						Adult & Therapeutic Exercise Time w/ Private Lessons (9:00am) 8:00-10:00a	Sun 2/2, Pool Closed @1:30pm for Wibit Events					
9:00	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	Swim Lessons 10:00am-12:50pm	Adult & Therapeutic Exercise Time w/ Private Lessons (10:00am) 9:00am-12:30pm					
9:30												
10:00	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 & Thp. Exercise Time w/ P. Lessons 1:00p -2:00p	Family Swim A 12:30-1:25p					
10:30							Family Swim B 1:30-2:25p					
11:00	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		Family Swim A 2:00-2:55p	Family Swim C 2:30-3:25p				
11:30						Family Swim B 3:00-3:55p						
12:00 PM	Adult & Therapeutic Exercise Time w/ Private Lessons 12:00-3:55p	Adult & Therapeutic Exercise Time w/ Private Lessons 12:00-3:25p	Adult & Therapeutic Exercise Time w/ Private Lessons 12:00-3:55p	Adult & Therapeutic Exercise Time w/ Private Lessons 12:00-3:25p	Adult & Therapeutic Exercise Time w/ Private Lessons 12:00-3:55p	Family Swim A 4:00-4:55p	Pool Closes at 3:30PM					
12:30												
1:00												
1:30												
2:00												
2:30												
3:00		Family Swim 3:30p-4:25p		Family Swim 3:30p-4:25p								
3:30												
4:00	Family Swim 4:00p-4:55p		Family Swim 4:00p-4:55p		Family Swim 4:00p-4:55p							
4:30												
5:00	Swim Lessons 5:00-6:45	Swim Lessons 4:30-6:45	Swim Lessons 5:00-6:05	Swim Lessons 4:30-7:00	Adapted Swim Lessons 5:00pm-7:00pm	Pool Closes at 5:00PM	For the most up-to-date schedule, use phone camera on QR code					
5:30												
6:00												
6:30												
7:00	Adult & Therapeutic Exercise Time 6:50-8:00	Adult & Therapeutic Exercise Time 6:50-8:00	Adult & Therapeutic Exercise Time 7:00-8:00	Pool Closes at 7:00pm until further notice due to staffing								
7:30												
8:00												

Pool Schedule is a general guideline - programs subject to change

