the YMCA POOL SCHEDULE

Effective November 30, 2026

MAIN POOL & Steam Room

Lap Swimming, 14+
The number of lap lanes available for lap swim will vary.

MON.	TUES.	WED.	THURS.	FRI.	SAT.	SUN.
5:45 AM–2:30 PM 4:00–7:30 PM	7 AM–2:30 PM 5:30–8:30 PM	5:45 AM–2:30 PM 4–5:00 PM	7 AM–2:30 PM 5:30–8:30 PM	5:45 AM–2:30 PM 4:00–6:15 PM	10:30 AM–3:30 PM	7:30 AM–12:00 PM

WARM WATER POOL

Adult Open Fitness, 16+

MON.	TUES.	WED.	THURS.	FRI.	SAT.	SUN.
9 AM–3:30 PM	9–9:30 AM 10:15–11 AM 11:45 AM–3:30 PM 6:30–8:30 PM*	9:00–10:30 AM 12:15–3:30 PM 7:00–8:30 PM	1:00–3:30 PM 6:50–8:30 PM*	9:00 AM–3:30 PM	1:50–3:30 PM	1:05–3:30 PM

FAMILY SWIM

30 people max, first come, first served.

MONDAY	WEDNESDAY	FRIDAY	SATURDAY	SUNDAY
7:00–8:30 PM **WWP**	**Little Y's** 4:00–5:00 PM **Family Swim** 6:00–7:00 PM **WWP**	6:15–7:00 PM **MAIN POOL**	12:30–1:30 PM **MAIN POOL**	**Little Y's** 9–9:45 AM **WWP** **Big Y's** 9:45–10:30 AM **WWP** **Family Swim** 10:30–11:45 AM **WWP**

AQUA FITNESS CLASSES 16+

MON.	10:00–10:45 am	Deeply Fit	Colleen	Main Pool
TUES.	9:00–10:00 am	Hydro Spin	Martina	Main Pool
TUES.	9:30–10:15 am	Oodles of Noodles	Brenda	Warm Water Pool
TUES.	10:00–10:45 am	Aqua Tabata	Colleen	Main Pool
TUES.	11:00–11:45 am	BackHab	Ann Marie	Warm Water Pool
WED.	10:30–11:15 am	Colleen's Choice	Colleen	Warm Water Pool
WED.	10:00–10:45 am	Aqua Combat	Joyce	Main Pool
WED.	7:30–8:30 pm	Aqua Volleyball	–	Warm Water Pool
THURS.	9:00–9:45 am	Yoga Fit	Joyce	Warm Water Pool
THURS.	9:00–9:45 am	Total Aqua Mobility	Martina	Main Pool
THURS.	10:00–10:45 am	Calm Waters	Colleen	Warm Water Pool
THURS.	10:00–10:45 am	Hydro Spin	Martina	Main Pool
THURS.	12:00–12:45 pm	AFA–Arthritis Class	Ann Marie	Warm Water Pool
FRI.	9:00–10:00 am	Aqua Volleyball	–	Warm Water Pool
FRI.	10:00–10:45 am	Splash Surprise	Joyce	Main Pool

*Private Swim Lessons may be held simultaneously

Updated 11/19/26

SWIM TEAM

Sunday	MP	12:00–3:30 pm
Monday	MP	4:15–9:30 pm
Tuesday	MP	5:30–8:45 pm
Wednesday	MP	4:15–9:30 pm
Wednesday	WWP	5:00–5:45 pm
Thursday	MP	5:30–9:30 pm
Friday	MP	4:15–5:45 pm
Friday	MP	7:00–8:30 pm
Saturday	MP	7:00–9:00 am
Saturday	MP	1:30–2:30 pm

MASTERS SWIM

Monday, Wednesday & Friday MP 5:45–6:45 am

WARRIOR UH20

Wednesday WWP 11:30 am–12:15 pm

RSB Fight Back UH20

Thursday WWP 11:00–11:45 am

ASAP Adaptive Swimming Aquatic Program

Friday	WWP	6:20–7:05 pm
Saturday	WWP	11:55 am–12:40 pm

SWIM LESSONS

Monday	WWP	4:00–7:00 pm
Tuesday	MP	4:00–5:30 pm
Tuesday	WWP	4:00–6:50 pm
Thursday	MP	4:00–5:30 pm
Thursday	WWP	4:00–7:20 pm
Friday	WWP	4:00–6:15 pm
Friday	MP	5:45–7:00 pm
Saturday	WWP	7:30 am–12:00 pm
Saturday	MP	9:00–11:50 am

Birthday Parties

Saturday	Warm Water Pool	12:45–1:45 pm
Sunday	Water Water Pool	12:00–1:00 pm

Rental Groups

Monday	1:00–2:00 pm	WWP
Monday	2:30–4:00 pm	MP Thru Feb. 2027
Tuesday	1:00–2:00 pm	MP
Tuesday	2:30–4:00 pm	MP Thru Feb. 2027
Wednesday	1:00–2:00 pm	WWP
Wednesday	2:30–4:00 pm	MP Thru Feb. 2027
Thursday	1:00–2:00 pm	WWP
Thursday	2:30–4:00 pm	MP Thru Feb. 2027
Friday	10:15–11:15 am	WWP Starting Jan. 2027
Friday	2:30–4:00 pm	MP Thru Feb. 2027

Schedules are subject to change.

EVERYTHING LISTED ON THIS PAGE IS A PAID AQUATIC PROGRAM & REQUIRES REGISTRATION (With the exception of Warrior UH20–Free Program but requires registration) You can sign up online or at the Welcome Center.

Updated 11/19/2026