# the YMCA POOL SCHEDULE

Effective November 16, 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<br>4:00–7:30 PM | 7 AM–2:30 PM<br>5:30–8:30 PM | 5:45 AM–2:30 PM<br>4–5:00 PM | 7 AM–2:30 PM<br>5:30–8:30 PM | 5:45 AM–2:30 PM<br>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–1 PM<br>2:05–3:30 PM | 9–9:30 AM<br>10:15–11 AM<br>11:45 AM–3:30 PM<br>6:30–8:30 PM* | 9:00–9:45 AM<br>12:15–1:00 PM<br>2:05–3:30 PM<br>7:00–8:30 PM | 2:00–3:30 PM<br>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<br>**WWP** | **Little Y's** 4:00–5:00 PM<br>**Family Swim**<br>6:00–7:00 PM<br>**WWP** | 6:15–7:00 PM<br>**MAIN POOL** | 12:30–1:30 PM<br>**MAIN POOL** | **Little Y's** 9–9:45 AM<br>**WWP**<br>**Big Y's** 9:45–10:30 AM<br>**WWP**<br>**Family Swim**<br>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. | 9:45–10:30 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 11/4/26

## 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 | 10:30–11:30 am | WWP (11/18 & 11/25) |
| 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.