



POOL SCHEDULE

Effective March 2-April 12, 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-3:30 PM 4:00-8:30 PM	7 AM-3:30 PM 5:30-8:30 PM	5:45 AM-3:30 PM 4-8:30 PM	7 AM-3:30 PM 5:30-8:30 PM	5:45 AM-3:30 PM 4:00-5:45 PM 6:15-7:30 PM Jr. Lap 6-7 PM	10:30 AM-3:30 PM Jr. Lap 2:30-3:30 PM	7:30 AM-3:30 PM Jr. Lap 11 AM-12 PM

WARM WATER POOL

Adult Open Fitness, 16+

MON.	TUES.	WED.	THURS.	FRI.	SAT.	SUN.
9 AM-1 PM 2:05-3:30 PM	9-9:45 AM 10:30-11 AM 11:45 AM-3:30 PM 6:30-8:30 PM*	9-9:45 AM 12:15-1:20 PM 2:30-3:30 PM 7-8:30 PM	9:00-9:55 AM 2:00-3:30 PM 6:50-8:30 PM*	9-10:15 AM 11:20 AM-3:30 PM	1:35-3:30 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	4:00-7:00 PM WWP	6:15-7:00 PM MAIN POOL	12:30-1:30 PM MAIN POOL (Canceled 4/4)	Little Y's 9-9:45 AM WWP Big Y's 9:45-10:30 AM WWP Family/Open Swim 11 AM-12 PM MP

AQUA FITNESS CLASSES 16+

MON.	9:00-9:45 am	Aqua Combat Fusion	Joyce	Main Pool
MON.	10:00-10:45 am	Deeply Fit	Colleen	Main Pool
TUES.	9:00-10:00 am	Hydro Spin	Kathy N.	Main Pool
TUES.	9:45-10:30 am	Oodles of Noodles	Brenda/Joyce	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	Splash Fusion (Deep/Shallow)	Joyce	Main Pool
WED.	7:15-8:30 pm	Aqua Volleyball	-	Warm Water Pool
THURS.	10:00-10:45 am	Calm Waters	Colleen	Warm Water Pool
THURS.	10:15-11:00 am	Total Aqua Mobility	Kathy N.	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	Joyce's Choice	Joyce	Main Pool

*Private Swim Lessons may be held simultaneously

Updated 2/24/26

SWIM TEAM

Monday	MP	5:00–8:00 pm
Tuesday	MP	5:30–7:30 pm
Wednesday	MP	4:30–7:15 pm
Thursday	MP	5:30–7:30 pm
Friday	MP	4:30–6:15 pm
Saturday	MP	7:00–9:00 am

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 6:20–7:20 pm
Sunday WWP 10:40–11:40 am

Dover PreK (3/4–4/22)

Wednesday WWP 10:30–11:30 am

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–12:30 pm
Saturday	MP	9:00–11:30 am
Saturday	MP	12:25–1:00 pm

NO SWIM LESSONS

APRIL 4 & APRIL 5

THE Y IS CLOSED SUNDAY, APRIL 5

Rental Groups

Monday	1:00–2:00 pm	WWP
Tuesday	1:00–2:00 pm	MP
Wednesday	1:30–2:30 pm	WWP
Thursday	1:00–2:00 pm	WWP
Friday	10:15–11:15 am	WWP

Birthday Parties

Saturday	Warm Water Pool	12:30–1:30 pm
Sunday	Water Water Pool	12:00–1:00 pm

POP UP POOL TIMES

Warm Water Pool (3/23–4/12)

- Monday 1:00–2:00 pm Adult Open Fitness
- Wednesday 1:30–2:30 pm Adult Open Fitness
- Thursday 1:00–2:00 pm Adult Open Fitness
- Friday 10:15–11:15 am Adult Open Fitness
- **APRIL 4 ONLY (No Swim Lessons)**
 - Family Swim 9–11 am
 - Adult Open Fitness 11:00–12:30 pm

Main Pool

- Sunday, March 1: 12:00–3:30 pm
- Saturday 7:30–9:00 am (3/28 & 4/1)
- Saturday 7:30–10:30 am (4/4)

LIFEGUARDING COURSE DATES (# of Lanes will vary)

- **March 7–8**
- **March 14–15**
- **April 11–12**

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 2/24/2026