

Indoor Pool Schedule – Summer

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
6:15						Indoor Pool open from 8:15am to 4:30pm.	YMCA Closed		
7:00									
8:00	Deep Water Aqua Cardio & Tone		Deep Water Aqua Cardio & Tone						
9:00	Shallow Water Aqua Freestyle	Toboggan Water Aerobics	Shallow Water Aqua Freestyle	Toboggan Water Aerobics	Shallow Water Aqua Freestyle				
10:00		Parent/Child Swim Lessons		Parent/Child Swim Lessons					
11:00	Cubs Swim Time	Cubs Swim Time	Cubs Swim Time	Cubs Swim Time					
12:00	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons					
1:00	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons					
2:00									
3:00	Cubs Swim Time	Cubs Swim Time	Cubs Swim Time	Cubs Swim Time					
4:00	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons					
5:00	Swim Lessons	Swim Lessons	Parent/Child Swim Lessons	Swim Lessons	Swim Lessons			Parent/Child Swim Lessons	
6:00	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons					
7:00		Adult Lessons		Adult Lessons					
8:00									
9:00	Pool Closes at 8:30pm								

Baby Pool	10ft Pool	Shallow End – Whole	Shallow End – North Half	Shallow End – South half	Everywhere	Unpredictable	Schedule Valid until Aug. 2, 2026
Times subject to change throughout the day. Circle swimming in lap lanes is encourage, not required. Lap walkers must yield to lap swimmers. Lap lanes are reserved for adults 13 and up. Please avoid swimming laps in the recreation area, especially when recreational swimmers are using it.							