



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MAIN LAP POOL SCHEDULE 2/16-3/08

Winter 2026

The schedule is subject to change. Based on staffing issues the schedule can be adjusted at any time for safety. Please visit our branch or our website for up to date information.

Key:
Family Swim
(Green Boxes)

Lap Swim & Exercise
(White Boxes)

Adult Lap Swim & Exercise
(Purple Boxes)

Adult Lap Swim Only During YMCA Programming
(Red Boxes)

Closed
(Blue Boxes)

Lap Swim

Please communicate respectfully with fellow lap swimmers in regards to pattern changes. Please try to be courteous & limit lap swim to 60 minutes during busy times.

Adult Lap Swim is for Persons 18 years & older.

Lap swim is for Persons 11 years (must be a Green Band) & older. They may only swim in the lap lanes during "Lap Swim" & with appropriate behavior.

Aquatic Rules & Policies

We have Pool Rules, Aquatic Conduct Policies, Swim Test Policies, and Youth Supervision Policies that are in place and will be enforced going forward. We appreciate your adherence to these in advance for the safety of all. For more info visit our Aquatic Area.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Closed	6:15am-8:25am Lap Swim 4 Lanes Exercise 2 Lanes 8:25am-9:45am Adult Lap Swim 2 Lanes Water Fitness 4 Lanes Closed	6:15am-10:25am Lap Swim 4 Lanes Exercise 2 Lanes 8:25am-9:45am Adult Lap Swim 2 Lanes Water Fitness 4 Lanes Closed	6:15am-8:25am Lap Swim 4 Lanes Exercise 2 Lanes 8:25am-9:45am Adult Lap Swim 2 Lanes Water Fitness 4 Lanes Closed	6:15am-10:25am Lap Swim 4 Lanes Exercise 2 Lanes 8:25am-9:45am Adult Lap Swim 2 Lanes Water Fitness 4 Lanes Closed	6:15am-8:25am Lap Swim 4 Lanes Exercise 2 Lanes 8:25am-9:45am Adult Lap Swim 2 Lanes Water Fitness 4 Lanes Closed	Closed
Closed	9:45am-11:15am Lap Swim 4 Lanes Exercise 2 Lanes 10:25am-1:30pm Adult Lap Swim 1 Lane YMCA SAW	9:45am-11:15am Lap Swim 4 Lanes Exercise 2 Lanes 10:25am-1:30pm Adult Lap Swim 1 Lane YMCA SAW	10:25am-1:30pm Lap Swim 4 Lanes Exercise 2 Lanes 10:25am-1:30pm Adult Lap Swim 1 Lane YMCA SAW	10:25am-1:30pm Lap Swim 4 Lanes Exercise 2 Lanes 10:25am-1:30pm Adult Lap Swim 1 Lane YMCA SAW	9:45am-11:15am Lap Swim 4 Lanes Exercise 2 Lanes 11:15am-1:30pm YMCA SAW YMCA SAW Programming	1 Lane YMCA YSL Programming 5 Lanes Closed
12:15pm-4:30pm Adult Lap Swim 3 Lanes *Family Swim* 2 Lanes	1:15am-1:00pm Adult Lap Swim 4 Lanes *Family Swim* 3 Lanes	1:00pm-4:00pm Adult Lap Swim 4 Lanes *Family Swim* 2 Lanes	1:30pm-4:45pm Adult Lap Swim 4 Lanes *Family Swim* 2 Lanes	1:30pm-2:00pm Lap Swim 6 Lanes Closed	1:30pm-4:45pm Adult Lap Swim 4 Lanes *Family Swim* 2 Lanes	1:30pm-4:00pm Adult Lap Swim 4 Lanes *Family Swim* 2 Lanes
4:00pm-4:45pm Lap Swim 4 Lanes Exercise 2 Lanes	4:00pm-4:45pm Lap Swim 4 Lanes Exercise 2 Lanes	4:45pm-7:45pm Adult Lap Swim 1 Lane YMCA YSL Programming	4:45pm-7:45pm Adult Lap Swim 1 Lane YMCA YSL Programming	4:45pm-7:45pm Adult Lap Swim 3 Lanes *Family Swim* 3 Lanes	4:00pm-4:45pm Lap Swim 4 Lanes Exercise 2 Lanes	4:30pm-4:45pm Lap Swim 3 Lanes Exercise 3 Lanes
Closed	4:45pm Lap Swim 4 Lanes Exercise 2 Lanes	4:45pm-7:45pm Adult Lap Swim 1 Lane YMCA YSL Programming	4:45pm-7:45pm Adult Lap Swim 1 Lane YMCA YSL Programming	4:45pm-7:45pm Adult Lap Swim 3 Lanes *Family Swim* 3 Lanes	4:45pm-7:30pm Lap Swim 4 Lanes Exercise 2 Lanes	Closed
		7:45pm-8:30pm Lap Swim 4 Lanes Exercise 2 Lanes	7:45pm-8:30pm Lap Swim 4 Lanes Exercise 2 Lanes	7:45pm-8:30pm Lap Swim 4 Lanes Exercise 2 Lanes	7:00pm-7:30pm Lap Swim 4 Lanes Exercise 2 Lanes	4:45pm Closed



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RECREATION POOL SCHEDULE 2/16-3/08

Winter 2026

The schedule is subject to change.
Based on staffing issues the
schedule can be adjusted at any
time for safety. Please visit our
branch or our website for up to
date information.

Key:

Family Swim
(Green Boxes)

Adult Exercise
(Purple Boxes)

Closed for YMCA
Programming
(Red Boxes)

Closed
(Blue Boxes)

Water Features

Typically Available but is
subject to change based on
pool activities & patron
volume.

Aquatic Rules & Policies

We have Pool Rules,
Aquatic Conduct Policies,
Swim Test Policies, and
Youth Supervision Policies
that are in place and will be
enforced going forward.

We appreciate your
adherence to these in
advance for the safety of
all. For more info visit our
Aquatic Area.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Closed	Closed	Closed	Closed	Closed	Closed	Closed
	9:30am-11:15am <u>Adult Exercise</u>	9:30am-10:25am *Family Swim*	9:30am-11:15am <u>Adult Exercise</u>	9:30am-10:25am *Family Swim*	9:30am-11:15am <u>Adult Exercise</u>	9:00am-1:00pm Closed for YMCA Programming
	11:15am-1:00pm *Family Swim*	10:25am-1:30pm Closed for YMCA Programming	11:15am-1:30pm Closed for YMCA Programming	10:25am-1:30pm Closed for YMCA Programming	11:15am-1:30pm Closed for YMCA Programming	Ask Us About Swim Lessons! Stop at the Front Desk.
12:15pm-4:30pm *Family Swim*	Closed 1:00pm-4:00pm	1:30pm-4:45pm *Family Swim*	Closed 1:30pm-4:00pm	1:30pm-4:45pm *Family Swim*	1:30pm-4:00pm *Family Swim*	1:00pm-4:30pm *Family Swim*
	4:00pm-4:45pm <u>Adult Exercise</u>		4:00pm-4:45pm <u>Adult Exercise</u>		4:00pm-4:45pm <u>Adult Exercise</u>	
Closed 4:45pm	4:45pm-7:45pm Closed for YMCA Programming Ask Us About Swim Lessons! Stop at the Front Desk.	4:45pm-7:45pm Closed for YMCA Programming Ask Us About Swim Lessons! Stop at the Front Desk.	4:45pm-7:45pm *Family Swim*	4:45pm-7:45pm Closed for YMCA Programming Ask Us About Swim Lessons! Stop at the Front Desk.	4:45pm-7:00pm *Family Swim*	Closed 4:45pm
	7:45pm-8:30pm <u>Adult Exercise</u>	7:45pm-8:30pm <u>Adult Exercise</u>	7:45pm-8:30pm <u>Adult Exercise</u>	7:45pm-8:30pm <u>Adult Exercise</u>	Closed 7:00pm	



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YMCA

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THERAPY POOL SCHEDULE 2/16-3/08

Winter 2 2026

The schedule is subject to change. Based on staffing issues the schedule can be adjusted at any time for safety. Please visit our branch or our website for up to date information.

Key:

Adult Swim 18+
(Purple Boxes)

Adult & Toddler Swim
(Yellow Boxes)

Open to adults with their children under 6. Must have an adult (18+) in the water within arm's reach for the duration of swim.

Closed for YMCA Programming
(Red Boxes)

Crystal Clinic
(Magenta Boxes)

Closed
(Blue Boxes)

Aquatic Rules & Policies

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Closed	Closed	6:15am-7:45am Adult Swim 18+ Safety Break 8:00am-8:45am Adult Swim 18+ Safety Break	Closed	6:15am-7:45am Adult Swim 18+ Safety Break 8:00am-8:45am Adult Swim 18+ Safety Break	Closed	Closed
	8:30am-12:00pm Closed for YMCA Programming	9:00am-9:30am Adult & Toddler Swim	8:30am-12:00pm Closed for YMCA Programming	9:00am-9:30am Adult & Toddler Swim	8:30am-12:00pm Closed for YMCA Programming	9:00am-12:15pm Closed for YMCA Programming
	12:00pm-5:00pm Closed for Crystal Clinic	9:30am-6:15pm Closed for Crystal Clinic	12:00pm-5:00pm Closed for Crystal Clinic	9:30am-6:15pm Closed for Crystal Clinic	12:00pm-5:00pm Closed for Crystal Clinic	12:15pm-1:00pm Adult Swim 18+
12:15pm-1:00pm Adult Swim 18+	1:00pm-2:30pm Adult & Toddler Swim	5:00pm-8:00pm Closed for YMCA Programming	5:00pm-7:30pm Adult Swim 18+	6:15pm-8:00pm Closed for YMCA Programming	5:00pm-7:30pm Adult Swim 18+	1:00pm-2:30pm Adult & Toddler Swim
2:30pm-4:30pm Adult Swim 18+		6:15pm-8:00pm Closed for YMCA Programming	Adult Swim 18+	6:15pm-8:00pm Closed for YMCA Programming	Adult Swim 18+	2:30pm-4:30pm Adult Swim 18+
Closed 4:30pm		Closed for YMCA Programming		Closed for YMCA Programming		Closed 4:30pm