



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MAIN LAP POOL SCHEDULE 3/18-4/19

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	
<p>Closed</p>		6:15am-8:25am Lap Swim 4 Lanes Exercise 2 Lanes	6:15am-11:15am Lap Swim 4 Lanes Exercise 2 Lanes	6:15am-8:25am Lap Swim 4 Lanes Exercise 2 Lanes	6:15am-11:15am Lap Swim 4 Lanes Exercise 2 Lanes	6:15am-8:25am Lap Swim 4 Lanes Exercise 2 Lanes	Closed	
		8:25am-9:45am <u>Adult Lap Swim</u> 2 Lanes		8:25am-9:45am <u>Adult Lap Swim</u> 2 Lanes		8:25am-9:45am <u>Adult Lap Swim</u> 2 Lanes		
		Water Fitness 4 Lanes Closed		Water Fitness 4 Lanes Closed		Water Fitness 4 Lanes Closed		9:00am-12:15pm
		9:45am-11:15am Lap Swim 4 Lanes Exercise 2 Lanes		9:45am-11:15am Lap Swim 4 Lanes Exercise 2 Lanes		9:45am-11:15am Lap Swim 4 Lanes Exercise 2 Lanes		<u>Adult Lap Swim</u> 1 Lane YMCA YSL Programming
		11:15am-1:00pm <u>Adult Lap Swim</u> 4 Lanes	11:15am-1:30pm YMCA SAW Programming	11:15am-1:30pm YMCA SAW Programming	11:15am-1:30pm YMCA SAW Programming	11:15am-1:30pm YMCA SAW Programming	11:15am-1:30pm YMCA SAW Programming	5 Lanes Closed
	12:15pm-4:30pm <u>Adult Lap Swim</u> 3 Lanes	*Family Swim* 2 Lanes	Programing 5 Lanes Closed	Programing 5 Lanes Closed	12:15pm-1:00pm <u>Adult Lap Swim</u> 3 Lanes			
	Family Swim 3 Lanes	Closed 1:00pm-4:00pm	1:30pm-4:45pm <u>Adult Lap Swim</u> 4 Lanes	1:30pm-2:00pm Lap Swim 6 Lanes	1:30pm-4:45pm <u>Adult Lap Swim</u> 4 Lanes	1:30pm-4:00pm <u>Adult Lap Swim</u> 4 Lanes	1:30pm-4:00pm <u>Adult Lap Swim</u> 4 Lanes	<u>Adult Exercise</u> 3 Lanes
		4:00pm-4:45pm Lap Swim 4 Lanes	*Family Swim* 2 Lanes	Closed 2:00pm-4:00pm	*Family Swim* 2 Lanes	*Family Swim* 2 Lanes	*Family Swim* 2 Lanes	1:00pm-4:30pm
		4:30pm-4:45pm Lap Swim 3 Lanes Exercise 3 Lanes	4:00pm-4:45pm Lap Swim 4 Lanes Exercise 2 Lanes	<u>Adult Lap Swim</u> 3 Lanes *Family Swim* 3 Lanes				
		4:45pm-7:45pm <u>Adult Lap Swim</u> 1 Lane	4:45pm-7:45pm <u>Adult Lap Swim</u> 1 Lane	4:45pm-7:45pm <u>Adult Lap Swim</u> 3 Lanes	4:45pm-7:45pm <u>Adult Lap Swim</u> 1 Lane	4:45pm-7:00pm <u>Adult Lap Swim</u> 3 Lanes	4:45pm-7:00pm <u>Adult Lap Swim</u> 3 Lanes	4:30pm-4:45pm Lap Swim 3 Lanes Exercise 3 Lanes
Closed	YMCA YSL Programming 5 Lanes Closed	YMCA YSL Programming 5 Lanes Closed	*Family Swim* 3 Lanes	YMCA YSL Programming 5 Lanes Closed	*Family Swim* 3 Lanes	*Family Swim* 3 Lanes	Closed	
4:45pm	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	7:45pm-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		



FOR YOUTH DEVELOPMENT®
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RECREATION POOL SCHEDULE 3/09-4/19

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:

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	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!
			12:15pm-4:30pm *Family Swim*	1:30pm-4:45pm *Family Swim*	1:30pm-4:00pm Closed	1:30pm-4:45pm *Family Swim*	1:30pm-4:00pm *Family Swim*
12:15pm-4:30pm *Family Swim*	1:00pm-4:00pm	1:30pm-4:45pm *Family Swim*	1:30pm-4:00pm <u>Adult Exercise</u>	1:30pm-4:45pm *Family Swim*	1:30pm-4:00pm *Family Swim*	1:00pm-4:30pm *Family Swim*	
Closed	4:00pm-4:45pm <u>Adult Exercise</u>	4:45pm-7:45pm Closed for YMCA Programming	4:45pm-7:45pm Closed for YMCA Programming	4:00pm-4:45pm <u>Adult Exercise</u>	4:45pm-7:45pm Closed for YMCA Programming	4:00pm-4:45pm <u>Adult Exercise</u>	Closed
	4:45pm	4:45pm-7:45pm Ask Us About Swim Lessons!	4:45pm-7:45pm Ask Us About Swim Lessons!	4:45pm-7:45pm *Family Swim*	4:45pm-7:45pm Ask Us About Swim Lessons!	4:45pm-7:00pm *Family Swim*	
		Stop at the Front Desk.	Stop at the Front Desk.	Stop at the Front Desk.	Stop at the Front Desk.	Stop at the Front Desk.	
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>	7:45pm-8:30pm <u>Adult Exercise</u>	7:00pm Closed	4:45pm