the YMCA
FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WADSWORTH YMCA LAP POOL SCHEDULE

Fall II: Oct 27 – Dec 31, 2026

- Lap Swimming and Water Fitness is available for all ages in designated lanes.
- Please limit your workout to an hour if others are waiting to swim/ sharing lanes is encouraged.
- Open swimming is available in the open area (Lanes 7&8) when no programs are using lanes.
- **Schedule subject to change/Lap Pool has 8 lanes total and is a 25-yrd pool.**
- **Youth Swimmers ages 6-14 must wear designated swim band. Swim tests available with off stand lifeguard. Swimmers 5 and under.**



Monday & Wednesday

5:40am - 2:30pm &
5:30 - 8:30pm

Tuesday & Thursday

5:40am - 2:30pm &
7:00 - 8:30pm

- High School Swim Team: (4-5 lanes) M-W-F 5:30-6:45a & M-F 2:30p-5:30pm (entire pool)
- Water Aerobics (4 lanes) M-W-F 8:30-10:30a - T/Th 9:30-11:30a
- Waves Youth Swim Team: M-Th (6 lanes) 5:30-8:15p
- Swim Lessons: Tuesday & Thursday (2 lane) 5:30-7:00p



Friday

5:40am - 2:30pm & 6:00-7:30pm

- High School Swim Team: uses entire pool while closed 2:30-5:30p
- Water Aerobics (4 lanes) 8:30-10:30a
- Homeschool Swim Lessons (3 lanes) 10:00a- 1:00p



Saturday

8:45am-3:30pm

- High School Swim Team: 6:45-8:45am
- Swim Lessons (2-4 lanes) 9:15am-12:00pm

Please Watch for schedule changes for swim meets, scuba rentals, etc.



Sunday

12:15-3:30pm

- Family Open Swim Lessons 7 & 8 (any day when classes not permitted)

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WADSWORTH YMCA REC POOL SCHEDULE

Fall II : Oct 27 – Dec 31, 2026

Age Policy: Children 5 & under must be accompanied by an adult, dressed to swim, into the pool. The adult must stay within arm's reach of the child at all times. Children 6-10yrs old must have a supervising adult on the pool deck or in the water. All swimmers ages 1-14 must also wear a swim band on their wrist to identify their swimming ability to the lifeguard. **Pool Hours Subject to change**

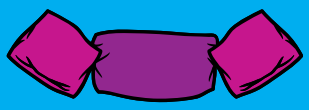
*** ADAPTIVE SWIM IS THE FIRST FRIDAY OF EVERY MONTH FROM 6-7:30PM**



Weekday Open Swim

- Monday: 1:00pm-7:30pm
- Tuesday: 11:15am-1:00pm, 3:00-4:30pm & 6:30-7:30pm
- Wednesday: 1:00-5:00pm & 6:00-7:30pm
- Thursdays: 11:15am-1:00pm, 3:00-4:30pm & 6:30-7:30pm
- Friday: 1:00pm-7:30pm*

***DEDICATED ADAPTIVE SWIM FIRST FRIDAYS 6-7:30PM**



Weekend Open Swim

- Saturday: 11:45am-3:30pm
- Sunday: 12:15-3:30pm



Swim Lessons Only

- Tuesday &Thursday: 4:30-6:30pm
- Saturday: 9:00am - 11:45am
- Wednesday: 5:00 - 6:00pm

SAFE POOL RULES

1. Swimming without a lifeguard is prohibited.
2. Breath-holding activities and horseplay are not permitted in Y pools and will not be tolerated.
3. Use of dive masks that cover the nose, inflatables and mono-fins is prohibited.
4. Shower before you enter the pool/proper swimming attire must be worn at all times.
5. Running on the deck, locker rooms, showers or hallways is not permitted.
6. Food, pop, gum or candies are not permitted in the Aquatics Center - NO GLASS!
7. Y equipment is reserved for Y instructor use only. / Starting blocks are only to be used with a Y Coach.
8. Children must pass a swim test before they are permitted in the deep end.
9. Dive only where permitted. Enter the water feet first and facing forward.
10. Hanging on the float lines, starting block or lap lanes is not permitted.
11. Persons with bandages, open cuts and wounds are not allowed in the pool.
12. The lifeguard's word is final.