



YMCA POOL SCHEDULE

MONDAY

OPEN SWIM: 7:00 AM - 8:30 AM
CARDIO: 8:30 AM - 9:30 AM
SPLASH: 9:30 AM - 10:30 AM
OPEN SWIM: 10:30 AM - 12:30 PM
POOL CLOSED: 12:30 PM - 3:30 PM
OPEN SWIM: 3:30 PM - 5:00 PM
CARDIO: 5:00 PM - 6:00 PM
OPEN SWIM: 6:00 PM - 7:30 PM

TUESDAY

OPEN SWIM: 7:00 AM - 8:30 AM
CARDIO: 8:30 AM - 9:30 AM
SPLASH: 9:30 AM - 10:30 AM
OPEN SWIM: 10:30 AM - 12:30 PM
POOL CLOSED: 12:30 PM - 3:30 PM
OPEN SWIM: 3:30 PM - 5:00 PM
CARDIO: 5:00 PM - 6:00 PM
OPEN SWIM: 6:00 PM - 7:30 PM

WEDNESDAY

OPEN SWIM: 7:00 AM - 12:30 PM
POOL CLOSED: 12:30 PM - 4:00 PM
OPEN SWIM: 4:00 PM - 7:30 PM

THURSDAY

OPEN SWIM: 7:00 AM – 8:30 AM
CARDIO: 8:30 AM – 9:30 AM
SPLASH: 9:30 AM – 10:30 AM
OPEN SWIM: 10:30 AM – 12:30 PM
POOL CLOSED: 12:30 PM – 3:30 PM
OPEN SWIM: 3:30 PM – 5:00 PM
CARDIO: 5:00 PM – 6:00 PM
OPEN SWIM: 6:00 PM – 7:30 PM

FRIDAY

OPEN SWIM: 7:00 AM – 12:30 PM
POOL CLOSED: 12:30 PM – 4:00 PM
OPEN SWIM: 4:00 PM – 7:30 PM

SATURDAY

OPEN SWIM: 7:00 AM – 4:30 PM

SUNDAY

OPEN SWIM: 1:00 PM – 4:30 PM

NOTES

CARDIO

Our cardio class features water aerobics, a moderate workout in the pool that uses the water as resistance to tone and sculpt the body.

SPLASH

Our splash class is aqua exercise. Senior splash offers lots of fun and shallow water movements to improve agility, flexibility, and endurance. No swimming ability required!

POOL WILL BE CLOSED IF NO LIFEGUARD IS ON DUTY