

YMCA POOL SCHEDULE



MONDAY

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

TUESDAY

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

WEDNESDAY

OPEN SWIM: 6:00AM – 11:00AM
LOW INTENSITY AEROBICS:
11:00AM – 12:00PM
OPEN SWIM: 12:00PM – 12:30PM
POOL CLOSED: 12:30PM – 3:30PM
OPEN SWIM: 3:30PM – 7:30PM

THURSDAY

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

FRIDAY

OPEN SWIM: 6:00AM – 11:00AM
LOW INTENSITY AEROBICS:
11:00AM – 12:00PM
POOL CLOSED: 12:00PM – 3:30PM
OPEN SWIM: 3:30PM – 7:30PM

SATURDAY

OPEN SWIM: 7:00AM – 4:30PM

SUNDAY

OPEN SWIM: 1:00PM – 4:30PM

YMCA POOL CLASS DESCRIPTION

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