



# Pool Schedule

September 2 - October 26, 2025

Fall Session 1

| MONDAY                                           | TUESDAY                                                        | WEDNESDAY                                        | THURSDAY                                                                                        | FRIDAY                                          | SATURDAY                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | SUNDAY                                    |
|--------------------------------------------------|----------------------------------------------------------------|--------------------------------------------------|-------------------------------------------------------------------------------------------------|-------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------|
| 5:30 - 7:50 am<br>Lap Swim                       | 5:30 - 7:50 am<br>Lap Swim                                     | 5:30 - 7:50 am<br>Lap Swim                       | 5:30 - 7:50 am<br>Lap Swim                                                                      | 5:30 - 7:50 am<br>Lap Swim                      | 7:30 - 9 am<br>Lap Swim                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            | 7:30 - 9 am<br>Lap Swim                   |
| <b>8 - 8:45 am<br/>HART</b>                      | <b>8 - 8:45 am<br/>HART</b>                                    | <b>8 - 8:45 am<br/>HART</b>                      | <b>8 - 8:45 am<br/>HART</b>                                                                     | <b>8 - 8:45 am<br/>HART</b>                     | 9 - 10 am<br>Open Fitness/<br>Leisure lap                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | 9 - 10 am<br>Open Fitness/<br>Leisure lap |
| <b>8:55 - 9:40 am<br/>Deep Water Fit</b>         | <b>8:50 - 9:35 am<br/>Aquacize</b>                             | <b>8:55 - 9:40 am<br/>Deep Water Fit</b>         | <b>8:50 - 9:35 am<br/>Aquacize</b>                                                              | <b>8:55 - 9:40 am<br/>Deep Water Fit</b>        | 10:15 - 11 pm<br>Family Swim                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | 10:15 - 11 pm<br>Family Swim              |
| <b>9:50 - 10:35 am<br/>Water Therapy</b>         | <b>9:40 - 10:10 am<br/>Ab Blast</b>                            | <b>9:50 - 10:35 am<br/>Water Therapy</b>         | <b>9:40 - 10:10 am<br/>Ab Blast</b>                                                             | <b>9:50 - 10:35 am<br/>Water Therapy</b>        | 11 - 12 am<br>Adaptive Lap Swim                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | 11 - 12 am<br>Adaptive Lap Swim           |
| 10:45 - 11:30 am<br>Open Fitness/<br>Leisure Lap | <b>10:15 - 11 am<br/>Water Therapy</b>                         | 10:45 - 11:30 am<br>Open Fitness/<br>Leisure Lap | <b>10:15 - 11 am<br/>Water Therapy</b>                                                          | 11 - 11:30<br>Y Academy                         | <b>POOL AND HOT TUB HOURS</b><br><b>M-F 5:30 AM - 7 PM</b><br><b>SAT &amp; SUN 7:30 AM - 12 PM</b><br><b>SCHEDULE SUBJECT TO</b><br><b>CHANGE WITHOUT NOTICE</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |                                           |
| <b>11:30-12:15<br/>Tabata</b>                    | 11 - 11:30<br>Y Academy<br><br><b>11:30 - 12:15<br/>Tabata</b> | <b>11:30-12:15 pm<br/>Tabata</b>                 | <b>11 - 11:30 am<br/>Gym &amp; Swim<br/>Parent/Child</b><br><br><b>11:30 - 12:15<br/>Tabata</b> | <b>11:30-12:15<br/>Tabata</b>                   |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |                                           |
| 12:25 - 1:10 pm<br>Lap Swim                      | 12:25 - 1:10 pm<br>Lap Swim                                    | 12:25 - 1:10 pm<br>Lap Swim                      | 12:25 - 1:10 pm<br><b>Intense Interval<br/>Lap Swim /</b><br>Lap Swim                           | 12:25 - 1:10 pm<br>Lap Swim                     | <b>ALL swimmers must shower<br/>before entering the pool. Chin<br/>length hair must be pulled back<br/>or in a swim cap.</b><br><br><b>Proper swim attire must be worn:</b><br>NO undergarments, cotton shirts,<br>compression pants or shorts, jackets<br>or hoodies, thongs, cheeky, or over<br>revealing garments allowed.<br>Swimwear must not be transparent<br>and bottoms must provide 50%<br>coverage (minimum). You may be<br>asked to put on proper attire at the<br>lifeguards discretion.<br><br><b>Family Swim Guidelines</b><br>1. Parents/guardians must be in the<br>pool area at all times.<br>2. Children 8 and under require a<br>parent/guardian in the water at all<br>times.<br>3. Swimmers that require a flotation<br>device, weak non-swimmers and<br>those who decline the swim test are<br>strongly suggested to wear a<br>lifejacket and must stay in the<br>shallow end within arm reach of their<br>adult.<br>4. Everyone must exit the water<br>while the lifeguard is performing a<br>swim test unless there are 2 guards<br>on duty.<br>5. Noodles may be used in the<br>shallow area only. One noodle per<br>person, one person per noodle.<br>5. No horseplay, spitting, splashing or<br>dunking.<br>6. Jumping is only permitted in the<br>designated jumping area. NO spins,<br>flips, or backwards jumps. Please<br>refrain from playing or swimming in<br>the jumping area. |                                           |
| 1:10- 1:45<br>Lap Swim                           | 1:10 - 1:45<br>Lap Swim                                        | 1:10 - 1:45<br>Lap Swim                          | 1:10 - 1:45<br>Lap Swim                                                                         | 1:10 - 1:45<br>Lap Swim                         |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |                                           |
| 1:45 - 2:30 pm<br>Open Fitness /<br>Leisure Lap  | 1:45 - 2:45 pm<br>Open Fitness /<br>Leisure Lap                | 1:45 - 2:30 pm<br>Open Fitness /<br>Leisure Lap  | 1:45 - 2:30 pm<br>Open Fitness /<br>Leisure Lap                                                 | 1:45 - 2:30 pm<br>Open Fitness /<br>Leisure Lap |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |                                           |
| <b>2:30-3:15 pm<br/>Aqua Arthritis</b>           | <b>3 - 3:45 pm<br/>Aqua Arthritis</b>                          | <b>2:30-3:15 pm<br/>Aqua Arthritis</b>           | <b>3 - 3:45 pm<br/>Aqua Arthritis</b>                                                           | <b>2:30-3:15 pm<br/>Aqua Arthritis</b>          |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |                                           |
| 3:20 - 4:00 pm<br>Lap Swim                       |                                                                | 3:20 - 4:00 pm<br>Lap Swim                       |                                                                                                 | 3:20 - 4:00 pm<br>Lap Swim                      |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |                                           |
| <b>4 - 4:30<br/>Private Lessons</b>              | <b>4 - 4:30 pm<br/>Parent/Child</b>                            | <b>4 - 4:30 pm<br/>Level 3 &amp; 4</b>           | <b>4 - 4:30 pm<br/>Parent/Child</b>                                                             | <b>4 - 4:30 pm<br/>Parent/Child</b>             |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |                                           |
| <b>4:30 - 5 pm<br/>Private Lessons</b>           | <b>4:30 - 5 pm<br/>Preschool</b>                               | <b>4:30 - 5 pm<br/>Level 5 &amp; 6</b>           | <b>4:30 - 5 pm<br/>Preschool</b>                                                                | <b>4:30 - 5 pm<br/>Preschool</b>                |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |                                           |
| <b>5 - 5:30 pm<br/>Level 3&amp;4</b>             | <b>5 - 5:30 pm<br/>Level 1 &amp; 2</b>                         | <b>5 - 5:30 pm<br/>Adaptive Swim</b>             | <b>5 - 5:30 pm<br/>Level 1 &amp; 2</b>                                                          | <b>5 - 5:30<br/>Level 1 &amp; 2</b>             |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |                                           |
| <b>5:30 - 6:15 pm<br/>Aqua Mashup</b>            | 5:35 - 6:15<br>Family Swim                                     | <b>5:30 - 6:15 pm<br/>Aqua Mashup</b>            | <b>5:30 - 6<br/>Adult/Teen</b>                                                                  | <b>5:30 - 6:15<br/>Gator Club</b>               |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |                                           |
| 6:25 - 7 pm<br>Lap Swim                          | 6:15 - 7 pm<br>Lap Swim                                        | 6:25 - 7 pm<br>Family Swim                       | 6 - 7 pm<br>Lap Swim                                                                            | 6:15 - 7 pm<br>Family Swim                      |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |                                           |

**Lifeguards have complete discretion to ensure safety for all our members and guests.**

**Please respect all lifeguard decisions. Swim sessions are limited to 25 participants per lifeguard.**

**\* Bolded times indicate classes with added fees. \* To register for classes visit [www.your-y.org](http://www.your-y.org).**

**SCHEDULE SUBJECT TO CHANGE WITHOUT NOTICE**

**All questions and concerns may be directed to the Aquatics Director at [lwoodall@your-y.org](mailto:lwoodall@your-y.org).**

# Pool Descriptions

## **Lap Swim**

Swim continuous laps in our pool. Circle laps will be enforced depending on the number of lap swimmers in the pool. (ages 13+)

## **Adaptive Lap Swim**

Geared towards those with cognitive, developmental, and neurological challenges. Challenges can include the following: Autism Spectrum Disorder, Attention Deficit Hyperactivity Disorder (ADHD), Cerebral Palsy. (ages 18+)

## **Leisure Lap Swim**

A relaxed, slower pace lap swim with minimum splashing. Please no aggressive swimming, flip turns or butterfly stroke. Great for beginners. (ages 18+)

## **Tween/Teen Lap Swim**

Swim continuous laps in our pool. Circle laps will be enforced depending on the number of lap swimmers in the pool. All swimmers under the age of 13 must have an adult on deck. All swimmers must be a green band swimmer. Adults will not be permitted in the pool at this time. (ages 8+17)

## **Open Fitness**

Dedicated time for those who want to get in the water and do their own workouts. No lap swimming allowed (ages 13+).

## **Family Swim**

Open pool time for those with YMCA Family Memberships. Youth Members may attend with one adult only. Limit to 25 participants per lifeguard. Children 13 and under will be required to take a swim test prior to participating in Family Swim. Older participants may be asked to take a swim test at the lifeguard's discretion.

Any questions on the above, please email Aquatics Director, Lisa Woodall at [lwoodall@your-y.org](mailto:lwoodall@your-y.org).

For full descriptions of classes please pick up a brochure or ask the Welcome Center.