



Pool Schedule

February 23 - March 1, 2026

Winter Break

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30 - 7:50 am Lap Swim	5:30 - 7:50 am Lap Swim	5:30 - 7:50 am Lap Swim	5:30 - 7:50 am Lap Swim	5:30 - 7:50 am Lap Swim	7:30 - 9 am Lap Swim	7:30 - 9 am Lap Swim
8 - 8:45 am HART	8 - 8:45 am HART	8 - 8:45 am HART	8 - 8:45 am HART	8 - 8:45 am HART	9 - 10 am Open Fitness/ Leisure lap	9 - 10 am Open Fitness/ Leisure lap
8:55 - 9:40 am Deep Water Fit	8:50 - 9:35 am Aquacize	8:55 - 9:40 am Deep Water Fit	8:50 - 9:35 am Aquacize	8:55 - 9:40 am Deep Water Fit	10:15 - 11 am Family Swim	10:15 - 11 am Family Swim
9:50 - 10:35 am Water Therapy	9:40 - 10:10 am Ab Blast	9:50 - 10:35 am Water Therapy	9:40 - 10:10 am Ab Blast	9:50 - 10:35 am Water Therapy	11 - 12 pm Lifeguard Prerequisite Swim	11 - 12 pm Adaptive Lap Swim
10:45 - 11:30 am Open Fitness/ Leisure Lap	10:15 - 11 am Water Therapy	10:45 - 11:30 am Open Fitness/ Leisure Lap	10:15 - 11 am Water Therapy	11 - 11:30 am Y Academy	<p>POOL AND HOT TUB HOURS M-F 5:30 AM - 7 PM Sat & Sun 7:30 AM - 12 PM Schedule subject to change without notice</p> <p>ALL swimmers must shower before entering the pool. Chin length hair must be pulled back or in a swim cap. Proper swim attire must be worn: NO undergarments, cotton shirts, compression pants or shorts, jackets or hoodies, thongs, cheeky, or over revealing garments allowed. Swimwear must not be transparent and bottoms must provide 50% coverage (minimum). You may be asked to put on proper attire at the lifeguards discretion.</p> <p>Family Swim Guidelines</p> <ol style="list-style-type: none"> Parents/guardians must be in the pool area at all times. Children 8 and under require a parent/guardian in the water at all times. Swimmers that require a flotation device, weak non-swimmers and those who decline the swim test are strongly suggested to wear a lifejacket and must stay in the shallow end within arm reach of their adult. Everyone must exit the water while the lifeguard is performing a swim test unless there are 2 guards on duty. Noodles may be used in the shallow area only. One noodle per person, one person per noodle. No horseplay, spitting, splashing or dunking. Jumping is only permitted in the designated jumping area. NO spins, flips, or backwards jumps. Please refrain from playing or swimming in the jumping area. 	
11:30-12:15 pm Tabata	11 - 11:30 am Y Academy	11:30-12:15 pm Tabata	11 - 11:30 am Gym & Swim	11:30-12:15 pm Tabata		
	11:30 - 12:15 pm Tabata		11:30 - 12:15 pm Tabata			
12:25 - 1 pm Lap Swim	12:15 - 1 pm Lap Swim	12:15 - 1 pm Lap Swim	12:15 - 1 pm Lap Swim	12:15 - 1 pm Lap Swim		
1 - 1:45 pm Intense Interval Lap Swim / Lap Swim	1 - 1:45 pm Lap Swim	1 - 1:45 pm Lap Swim	1 - 1:45 pm Lap Swim	1 - 1:45 pm Lap Swim		
1:45 - 2:30 pm Open Fitness / Leisure Lap	1:45 - 2:45 pm Open Fitness / Leisure Lap	1:45 - 2:30 pm Open Fitness / Leisure Lap	1:45 - 2:45 pm Open Fitness / Leisure Lap	1:45 - 2:30 pm Open Fitness / Leisure Lap		
2:30 - 3:15 pm Aqua Arthritis	3 - 3:45 pm Aqua Arthritis	2:30 - 3:15 pm Aqua Arthritis	3 - 3:45 pm Aqua Arthritis	2:30 - 3:15 pm Aqua Arthritis		
3:20 - 4:00 pm Lap Swim		3:20 - 4:30 pm Lap Swim		3:20 - 4:30 pm Lap Swim		
4:00-4:45 pm After Care	345 - 430 pm Open Swim		345 - 4:50 pm Lap Swim			
4:45-5:25 pm Open Swim		4:30 - 5:30 pm Lap Swim		4:30-5:45 Lap Swim		
5:35 - 6:20 pm Aqua Mashup	4:30 - 5:30 pm Lap Swim	5:35 - 6:20 pm Aqua Mashup	5 - 5:55pm Open Swim			
6:20 - 7 pm Lifeguard Recertification	5:30 - 7 pm Lifeguard Recertification	6:20 - 7 pm Lifeguard Recertification	6 - 7 pm Lap Swim	6 - 7 pm 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.

SCHEDULE SUBJECT TO CHANGE WITHOUT NOTICE

All questions and concerns may be directed to the Aquatics Director at lwoodall@your-y.org.