



Pool Schedule

April 20 - 26, 2026

Spring 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 - 12 pm 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 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		
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	POOL AND HOT TUB HOURS M-F 5:30 AM - 7 PM Sat & Sun 7:30 AM - 12 PM <i>Schedule subject to change without notice</i>	
	11:30 - 12:15 pm Tabata		11:30 - 12:15 pm Tabata			
12:25 - 1 pm Lap Swim	12:25 - 1 pm Lap Swim	12:25 - 1 pm Lap Swim	12:25 - 1 pm Lap Swim	12:25 - 1 pm Lap Swim	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. Family Swim Guidelines 1. Parents/guardians must be in the pool area at all times. 2. Children 8 and under require a parent/guardian in the water at all times. 3. 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. 4. Everyone must exit the water while the lifeguard is performing a swim test unless there are 2 guards on duty. 5. Noodles may be used in the shallow area only. One noodle per person, one person per noodle. 5. No horseplay, spitting, splashing or dunking. 6. 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.	
1- 1:45 pm Gymnastic Camp After Care	1- 1:45 pm Gymnastic Camp After Care	1- 1:45 pm Gymnastic Camp After Care	1- 1:45 pm Gymnastic Camp After Care	1- 1:45 pm Gymnastic Camp After Care		
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 - 4:40 pm Lap Swim		3:20 - 4:20 pm Lap Swim		3:20 - 4:30 pm Lap Swim		
4:45-5:25 pm Open swim/ Family Swim	4-5 pm Tween/Teen LapSwim	4:30-5:30 Open Swim/ Family Swim	3:45-4:45 Lap Swim	4:45-5:45 Open Swim/ Family Swim		
	430-5 pm Private Lessons		4:30- 5:30 Open Fitness / Leisure Lap			
5:35 - 6:20 pm Aqua Mashup	5:35 - 6:15 pm Open Swim/ Family Swim	5:35 - 6:20 pm Aqua Mashup				
6:25 - 7 pm Lap Swim	6:15 - 7 pm Lap Swim	6:25 - 7 pm Lap Swim	6 - 7 pm Lap Swim	5:45 - 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.