



# Pool Schedule

June 15-21, 2026

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 - 9:30 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	9:30 - 10:30 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	10:45 - 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	<p><b>POOL AND HOT TUB HOURS</b>  <b>M-F 5:30 AM - 7 PM</b>  <b>Sat &amp; Sun 7:30 AM - 12 PM</b>  <b>Schedule subject to change</b>  <b>without notice</b></p>	
11:30-12:15 pm Tabata	11 - 11:30 am Y Academy	11:30-12:15 pm Tabata	11 - 11:30 am Parent child open swim	11:30-12:15 pm Tabata		
12:25 - 1 pm Lap Swim/ <b>Intense Interval</b> <b>Lap Swim</b>	12:25 - 1 pm Lap Swim	12:25 - 1 pm Lap Swim	12:25 - 1 pm Lap Swim	12:25 - 1 pm Lap Swim	<p><b>ALL swimmers must shower before entering the pool. Chin length hair must be pulled back or in a swim cap.</b></p> <p><b>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.</b></p> <p><b>Family Swim Guidelines</b></p> <ol style="list-style-type: none"> <li>Parents/guardians must be in the pool area at all times.</li> <li>Children 8 and under require a parent/guardian in the water at all times.</li> <li>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.</li> <li>Everyone must exit the water while the lifeguard is performing a swim test unless there are 2 guards on duty.</li> <li>Noodles may be used in the shallow area only. One noodle per person, one person per noodle.</li> <li>No horseplay, spitting, splashing or dunking.</li> <li>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.</li> </ol>	
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- 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 - 4:40 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 - 5:30 Lap Swim	4:30-5:30 Open Swim/ Family Swim	3:45-4:45 Lap Swim	4:30- 5:30 Open Fitness / Leisure Lap		
5:35 - 6:20 pm Aqua Mashup		5:35 - 6:20 pm Aqua Mashup		4:45-5:45 Open Swim/ Family Swim		
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](http://www.your-y.org). **SCHEDULE SUBJECT TO CHANGE WITHOUT NOTICE** All questions and concerns may be directed to the Aquatics Director at [Iwoodall@your-y.org](mailto:Iwoodall@your-y.org).