Pool Schedule

November 23 - 29 2026 Thanksgiving Week

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	H A P P Y	5:30 - 7:50 am Lap Swim	7:30 - 8:30 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**	8:30 - 9:15 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**		**8:55 - 9:40 am Deep Water Fit**	**9:15 - 10 am Gator Club**	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**		**9:50 - 10:35 am Water Therapy**	**10 - 10:30 am Level 3 & 4**	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		11 - 11:30 Y Academy	**10:30 - 11 am Level 1 & 2** **11 - 11:30 am Preschool**	**PLEASE NOTE:** **Saturday & Sunday, December 5 & 6 the Pool will be CLOSED for Lifeguard Training From 9 am to noon**
11:30-12:15 pm Tabata	11 - 11:30 am Y Academy 11:30 - 12:15 pm Open Fitness Party	**11:30-12:15 pm Tabata**		**11:30-12:15 pm Tabata**	**11:30 - 12 pm Parent Child**	
12:25 - 1 pm Lap Swim/ Intense Interval Lap Swim	12:15 - 1 pm Lap Swim	12:15 - 1 pm Lap Swim	T H A N K S G I V I N G	12:15 - 1 pm Lap Swim	**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** **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 LapSwim	**1 - 1:45 pm Rental Pool and hot tub closed**	1 - 1:45 pm LapSwim		1 - 1:45 pm LapSwim		
145 - 2:30 pm Open Fitness / Leisure Lap	145 - 2:30 pm Open Fitness / Leisure Lap	145 - 2:30 pm Open Fitness / Leisure Lap		145 - 2:30 pm Open Fitness / Leisure Lap		
2:30-3:15 pm Aqua Arthritis	**2:30-3:15 pm Aqua Arthritis**	**2:30-3:15 pm Aqua Arthritis**		**2:30-3:15 pm Aqua Arthritis**		
3:20 - 4:00 pm Lap Swim	3:20 - 4:00 pm Lap Swim	3:20 - 4:00 pm Lap Swim		3:20 - 4:30 pm Lap Swim		
4-4:45 pm AfterCare School Group	**4 - 430 pm Parent Child**	**4 - 4:30 pm Level 3 & 4**				
4:45-5:25 pm Open swim/ Family Swim	**4:30 - 5 pm Private Lessons**	**4:30 - 5 pm Level 5 & 6**		4:30 - 5:15 Open Fitness / Leisure Lap		
	5 - 5:30 pm Private Lessons	**5 - 5:30 pm Adaptive Swim**				
5:35 - 6:20 pm Aqua Mashup	5:30 - 6:15 pm Open Swim/ Family Swim	**5:35 - 6:20 pm Aqua Mashup**		5:30 - 7 pm Family Swim		
6:25 - 7 pm Lap Swim	6:15 - 7 pm Lap Swim	6:25 - 7 pm Lap 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.

Updated 10/21/26

Pool Descriptions

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+)

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+)

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+)

Intense Interval Lap Swim
This is designed for competitive swimmers and intense workout as a group.
Space is limited, this is free but you must sign up under classes, Elite/Intense Interval Lap Swim

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

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

Open Swim
Open pool time for any YMCA 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 Open Swim. Older participants may be asked to take a swim test at the lifeguard's discretion. No water weights or kickboards allowed. No lap swimmer will be permitted at this time.

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.

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