



FALL 2026 POOL SCHEDULE

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Effective : August 17th, 2026

TIME	MON	TUE	WED	THUR	FRI	SAT
6:00-7:45am	LAP SWIM	LAP SWIM 5:30am-7:45am	LAP SWIM	LAP SWIM 5:30am-7:45am	LAP SWIM 7:00-8:45a	
8:00-10:00am	OPEN/ LAP SWIM	OPEN/ LAP SWIM	OPEN/ LAP SWIM	OPEN/ LAP SWIM	OPEN/ LAP SWIM 9:00-10:00a	ADULT LAP SWIM 8:00a-11:00a
10:00-11:00am	WATER AEROBICS Betty	WATER WALKING Courtney	WATER AEROBICS Betty	WATER WALKING Courtney	WATER AEROBICS Betty	
11:15-1:00pm	OPEN SWIM & LAP SWIM *Private Swim Lessons	OPEN SWIM & LAP SWIM *Private Swim Lessons	AQUA LITTLES 11:00-11:45a LAP SWIM 11:15-1:00p AQUA BABIES 12:00-12:45p ADULT SWIM LESSONS 12:45-1:15p	OPEN SWIM & LAP SWIM *Private Swim Lessons	OPEN SWIM & LAP SWIM *Private Swim Lessons	FAMILY SWIM 12:00p-2:00p
1:00-3:00pm	CLOSED					
3:00-4:15pm	FAMILY/LP	FAMILY/LAP	FAMILY/LAP	FAMILY/LAP	FAMILY/LAP	
4:30-6:00pm	SWIM TEAM *Blue Team 4:30-5:30p *Gold Team 5:00-6:00p	SWIM TEAM * Gold Team	SWIM TEAM *Blue Team 4:30-5:30p *Gold Team 5:00-6:00p	SWIM TEAM *Gold Team	SWIM TEAM *Gold Team	
6:15-7:00pm	SENSORY SWIM LESSONS	SWIM LESSONS *Tiny Tigers Swim Team	FAMILY SWIM 6:15p-7:30p	SWIM LESSONS *Tiny Tigers Swim Team	FAMILY SWIM 6:15p-8:15p	
7:15-8:00pm	AQUA HIIT & LAP SWIM	FAMILY SWIM		AQUA HIIT & LAP SWIM		
8:00-9:15pm	LAP SWIM	LAP SWIM	LAP SWIM 7:45p-9:15p	LAP SWIM		

Rent
our pool
for your
next
party!!

Pool Rules

1. A YMCA certified lifeguard must be on duty for the pool to be open.
2. Posted pool rules must be followed at all times.
3. Youth under 14 years old must be accompanied by a parent.
4. Swim tests are given to all youth under 18. Colored wrist bands will be assigned to swimmers and non-swimmers. Non-swimmers are not allowed in the deep end of the pool.
5. Non-swimmers that are shorter than chest deep in the shallow water must be within arms reach of a parent or wear a lifejacket at all times.
6. Inflatables are not allowed. This includes water wings. See rule 5.
7. No diving.
8. No food or drinks in pool area (except water).
9. Proper swim attire is required.
- 10.** When thunder or lightning are present, the pool must be closed for 30 minutes after the last thunder/lightning is detected.

ADULT LAP SWIM-

Lap swim is designed for more organized swimming up and down the length of the pool repeatedly.

OPEN SWIM

The pool will be set up with one or two lane lines. Swimmers will have a choice to swim laps, practice skills, or play, and have fun.

WATER AEROBICS

A dynamic low-impact class including active stretches and strengthening through the use of water resistance. Easy on the joints and appropriate for all levels of participants.

WATER WALKING

Low-impact exercise in the pool that takes pressure off bones, joints and muscles while still providing cardio.

FAMILY SWIM

Family swim is a great way for children and families to spend time together while enjoying the heated pool.

AQUA HIIT

Fast-paced, low-impact water workout that combines high intensity intervals with strength and cardio exercises. Using the resistance of the water, this class delivers a full-body workout that boosts endurance, burns calories, and is easy on the joints—perfect for all fitness levels.

MASTERS SWIM

Is a structured, guided workout designed for adult swimmers of all levels. This class focusses on improving stroke technique, endurance, and overall fitness through timed sets and drills. Whether you're training for competition or swimming for fitness, Masters Swim provides a motivating team environment with individualized guidance.