



WINTER 2026 POOL SCHEDULE

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Effective : January 5th, 2026

TIME	MON	TUE	WED	THUR	FRI	SAT
6:00- 7:45am	ADULT LAP SWIM	LAP SWIM & MASTERS TEAM 5:30am-7:45am	ADULT LAP SWIM	LAP SWIM & MASTERS TEAM 5:30am-7:45am	CLOSED	ADULT LAP SWIM & MASTERS TEAM 8:00a-11:00a
8:00- 9:00am	OPEN/ LAP SWIM	OPEN/ LAP SWIM	OPEN/ LAP SWIM	OPEN/ LAP SWIM	LAP SWIM 7:00-8:45a	
9:00- 10:00am	OPEN/ LAP SWIM	OPEN/ LAP SWIM	OPEN/ LAP SWIM	OPEN/ LAP SWIM	OPEN/ LAP SWIM	
10:00- 11:00am	WATER AEROBICS Betty	WATER WALKING Hannah	WATER AEROBICS Betty	WATER WALKING Hannah	WATER AEROBICS Betty	FAMILY FUN SWIM 12:00p-2:00p
11:15- 12:00pm	LAP SWIM *Private Swim Lessons	LAP SWIM & MASTERS SWIM *Private Swim Lessons	LAP SWIM *Private Swim Lessons	LAP SWIM & MASTERS SWIM *Private Swim Lessons	LAP SWIM *Private Swim Lessons	
12:00- 1:00pm	LAP SWIM *Private Swim Lessons	LAP SWIM & MASTERS SWIM *Private Swim Lessons	LAP SWIM *Private Swim Lessons	LAP SWIM & MASTERS SWIM *Private Swim Lessons	LAP SWIM *Private Swim Lessons	
1:00- 3:00pm	CLOSED					Rent our pool for your next party!!
3:00- 4:15pm	OPEN/LAP	OPEN/LAP	OPEN/LAP	OPEN/LAP	OPEN/LAP	
4:30- 6:00pm	SWIM TEAM *Gold Team	SWIM TEAM *Blue & Gold	SWIM TEAM *Gold Team	SWIM TEAM *Blue & Gold	SWIM TEAM *Blue Team	
6:15- 7:00pm	FAMILY SWIM & LAP SWIM	SWIM LESSONS	FAMILY SWIM & LAP SWIM	SWIM LESSONS	FAMILY SWIM & LAP SWIM 6:15p-7:45p	
7:00- 8:45PM	FAMILY SWIM & LAP SWIM	FAMILY SWIM & LAP SWIM	FAMILY SWIM & LAP SWIM	FAMILY SWIM & LAP SWIM		

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 each 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 of 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.