

						
	APRIL	2025	COMPETITIVE	POOL	SCHEDULE	
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00 AM						CLOSED
6:00 AM	LAP SWIM (8)		LAP SWIM (8)		LAP SWIM (8)	
7:00 AM	5:00-8:00 AM	LAP SWIM (8)	5:00-8:00 AM	LAP SWIM (8)	5:00-8:00 AM	LAP SWIM (8)
8:00 AM	DEEP AQUA JOG (6) 8-8:45 AM	5:00-9:30 AM	DEEP AQUA JOG (6) 8-8:45 AM	5:00-9:30 AM	DEEP AQUA JOG (6) 8-8:45 AM	7:00-9:00 AM
8:45 AM	LAP SWIM (2) 8-8:45 AM		LAP SWIM (2) 8-8:45 AM		LAP SWIM (2) 8-8:45 AM	DEEP WATER HIGH INTENSITY
9:00 AM	WATER AEROBICS (6) 9-9:45AM		WATER AEROBICS (6) 9-9:45AM		WATER AEROBICS (6) 9-9:45AM	8:45- 9:45 AM (2)
9:45 AM	LAP SWIM (2) 9-9:45 AM	LESSONS (4) 9:30-10:30 AM	LAP SWIM (2) 9-9:45 AM	LESSONS (4) 9:30-10:30 AM	LAP SWIM (2) 9-9:45 AM	LESSONS (2) 9-10:30 AM
10:00 AM		LAP SWIM (4)		LAP SWIM (4)	LAP SWIM (8)	LAP SWIM (4)
10:30 AM		9:30- 10:30 AM		9:30- 10:30 AM	9:30- 10:30 AM	9:00-10:30 AM
11:00 AM					PADDLE BOARD BALANCE & FLOW 10:30-11:15 AM (3) LAP (5)	LESSONS (4) 10:30- 12:00 PM
12:00 PM						LAP SWIM (4)
1:00 PM	LAP SWIM (8)	LAP SWIM (8)	LAP SWIM (8)	LAP SWIM (4)		
2:00 PM	10:00-4:30 PM	10:30- 4:30 PM	10:00-4:30 PM	10:30- 4:30 PM	LAP SWIM (8)	LAP SWIM (5)
3:00 PM				SPECIAL OLYMPICS (4)	11:15- 4:30 PM	DIVING BOARD (3)
3:45 PM				3:25-4:25PM		12:00- 4:30 PM
4:00 PM						
4:30 PM		LESSONS (2) 4:30- 5 PM		LESSONS (3) 4:30- 5 PM		
	LAP SWIM (6)	LAP SWIM	LESSONS (2) 4:30-5 PM	LAP SWIM (5)		
	4:00-5:30 PM	4:30- 5:00 PM (6)	LAP SWIM (6) 4:30-5 PM	4:30-5 PM		
5:00 PM	LESSONS (2) 4:30-5:30PM					
		LESSONS (2) 5-5:30PM	LESSONS (2) 5-5:30 PM	LESSONS (1) 5-5:30 PM	LAP SWIM (5)	
5:30 PM		LAP SWIM (6) 5-5:30PM	LAP SWIM (6) 5:00- 5:30 PM	LAP SWIM (6) 5:00- 5:30 PM	4:30PM- 7:30 PM	
	LESSONS (2) 5:30PM-6:30PM		LAP SWIM (4) 5:30- 6:00 PM		DIVING BOARD (3)	
	DEEP WATER HIGH INTENSITY	LESSONS (2) 5:30PM-6:00PM	Shallow Water Free Weights	LESSONS (2) 5:30PM-6:00PM	4:30-7:30 PM	CLOSED
	5:30-6:30 PM (2)	LAP SWIM (6)	5:30-6:30 PM (2)	LAP SWIM (6)		
	LAP SWIM (4) 5:30- 6:30 PM	5:30-6 PM	LESSONS (2) 5:30-6 PM	5:30-6 PM		
6:00 PM		LESSONS (2) 6-6:30 PM		LESSONS (2) 6-6:30 PM		
6:30 PM	LAP SWIM (8) 6:00-6:30 PM	LAP SWIM (6) 6-6:30 PM	LAP SWIM (8) 6:00-6:30	LAP SWIM (6) 6:00-6:30		
	LESSONS (2) 6:30-7:30	LESSONS (4)	LESSONS (1) 6:30-7:30 PM	LESSONS (4)		
	LAP SWIM (3) 6:00-7:30 PM	6:30-7:30 PM	LAP SWIM (4) 6:30-7:30 PM	6:30-7:30 PM		
	DEEP AQUA JOG (3)	LAP SWIM (4)	DEEP AQUA JOG (3)	LAP SWIM (4)		
7:00 PM	6:30-7:30 PM	6:30-7:30 PM	6:30-7:30 PM	6:30-7:30 PM		
7:30 PM	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	
	POOL/LANE CLOSURES					Hours and Schedules as of 4/3/2025
						YMCA Facility Hours
						Monday- Friday
						Saturday
						Sunday
	*DISCLAIMER: Lane availilty may vary depending on YMCA programs. When lanes are limited lane ciricle swimming is encouraged.					