

## August 2025 Family Pool Schedule



| Time     | Monday   | Tuesday                                   | Wednesday                                      | Thursday                                  | Friday   | Saturday                                      | Sunday                             |          |
|----------|--|---|--|---|--|---|------------------------------------|----------|
| 5:00 AM  | Low Impact Water Aerobics<br>7:15-8:00AM                                     | Early Rizer Water Aerobics<br>6:00-6:45AM | Low Impact Water Aerobics<br>7:15-8:00AM       | Early Rizer Water Aerobics<br>6:00-6:45AM | Low Impact Water Aerobics<br>7:15-8:00AM       | CLOSED  |                                    |          |
| 6:00 AM  |  |   |  |   |  |   |                                    |          |
| 7:00 AM  |  |   |  |   |  |   |                                    |          |
| 8:00 AM  |  |   |  |   |  |   |                                    |          |
| 8:30 AM  | Propulsion Walking<br>6:00-11:15AM   | Propulsion Walking<br>6:00-11:15AM        | Propulsion Walking<br>6:00-11:15AM             | Propulsion Walking<br>6:00-11:15AM        | Propulsion Walking<br>6:00-11:15AM             |   | Propulsion Walking<br>8:30-12:00PM |          |
| 9:00 AM  | Intermediate Water Aerobics<br>10:00AM-10:45AM                               | Swim Lessons<br>8:30-12:00PM              | Intermediate Water Aerobics<br>10:00AM-10:45AM | Swim Lessons<br>8:30-12:00PM              | Intermediate Water Aerobics<br>10:00AM-10:45AM | Swim Lessons<br>8:30-12:00PM                  |                                    |          |
| 10:00 AM |  |   |  |   |  |   |                                    |          |
| 10:30 AM |  |   |  |   |  |   |                                    |          |
| 11:15 AM |  |   |  |   |  |   |                                    |          |
| 12:00 PM | CLOSED   |   |  |   |  | Family Open Swim & Lazy River<br>12:00-4:30PM | CLOSED                             |          |
| 1:00 PM  |  |   |  |   |  |   |                                    |          |
| 2:00 PM  |  |   |  |   |  |   |                                    |          |
| 3:00 PM  |  |   |  |   |  |   |                                    |          |
| 3:45 PM  |  |   |  |   |  |   |                                    |          |
| 4:00 PM  | Family Open Swim<br>4:00-7:30PM  | Propulsion Walking<br>4:00-7:00PM         | Family Open Swim<br>4:00-7:30PM                | Propulsion Walking<br>4:00-7:00PM         | Family Open Swim & Lazy River<br>4:00-7:30PM   | CLOSED  |                                    |          |
| 4:30 PM  |  | Swim Lessons<br>4:00-7:00PM               |  | Swim Lessons<br>4:00-7:00PM               |  |   |                                    |          |
| 5:00 PM  |  |   |  |   |  |   |                                    |          |
| 5:30 PM  |  |   |  |   |  |   |                                    |          |
| 6:00 PM  |  |   |  |   |  |   |                                    |          |
| 6:30 PM  |  |   |  |   |  |   |                                    |          |
| 7:00 PM  |  |   |  |   |  |   |                                    |          |
| 7:30 PM  |  |   |  |   |  |   |                                    |          |
|          |  |   |  |   |  |   |                                    |          |
|          | POOL CLOSURES/EVENTS   |   |  |   |  |   | Hours and Schedules as of 8/1/2025 |          |
|          | CLOSED SEPT 1st- 6th for annual cleaning.                                    |   |  |   |  |   | YMCA Pool Hours                    |          |
|          |  |   |  |   |  |   |                                    |          |
|          | *Members must be at least 13 years old to participate in propulsion walking* |   |  |   |  |   | Monday- Friday                     | 5a-7:30p |
|          |  |   |  |   |  |   |                                    |          |
|          |  |   |  |   |  |   |                                    |          |
|          |  |   |  |   |  | Saturday                                      | 7a-4:30p                           |          |
|          |  |   |  |   |  | Sunday  | CLOSED                             |          |
|          |  |   |  |   |  |   |                                    |          |
|          |  |   |  |   |  |   |                                    |          |