

August 2025 Competitive Pool Schedule



Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00 AM	LAP SWIM (8) 5:00-8:00AM	LAP SWIM (8) 5:00-7:50AM	LAP SWIM (8) 5:00-7:55AM	LAP SWIM (8) 5:00-7:50AM	LAP SWIM (8) 5:00-8:00AM	CLOSED	
6:00 AM						LAP SWIM (8) 7:00-8:45AM	
7:00 AM							
	DEEP AQUA JOG (6) 8-8:45 AM	LESSONS (1) 7:50-8:30AM	LESSONS (1) 7:55-8:30AM	LESSONS (1) 7:50-8:30 AM	DEEP AQUA JOG (6) 8-8:45 AM		
8:00 AM	WATER AEROBICS (6) 9-9:45AM	LESSONS (2) 8:30-9:00AM	DEEP AQUA JOG (6) 8-8:45 AM	LAP SWIM (7) 7:50-8:30AM	WATER AEROBICS (6) 9-9:45AM	DEEP WATER HIGH INTENSITY (2) 8:45-9:45AM	
8:45 AM		LAP SWIM (7) 7:50-8:30AM	LAP SWIM (1) 8-9:00AM	LESSONS (2) 8:30-9:00AM			
		LAP SWIM (6) 8:30-9:00AM	WATER AEROBICS (6) 9-9:45AM	LAP SWIM (6) 8:30-9:00AM			
	LAP SWIM (2) 8:00-9:45 AM	LAP SWIM (8) 9:00-10:30 AM	LAP SWIM (2) 9-9:45 AM	LAP SWIM (8) 9:00-10:30 AM	LAP SWIM (2) 8:00-9:45 AM	LESSONS (2) 9-10:30 AM	
9:00 AM		LESSONS (4) 10:30-11:30 AM	LAP SWIM (2) 9-9:45 AM	LESSONS (4) 10:30-11:30 AM		LAP SWIM (4) 9:00-10:30AM	
9:45 AM		LAP SWIM (4) 10:30-11:30AM	LAP SWIM (8) 10:00-4:00PM	LAP SWIM (4) 10:30-11:30AM		LAP SWIM (8) 10:00-4:00PM	LESSONS (4) 10:30-12:00 PM
10:00 AM	LAP SWIM (8) 10:00-4:00PM	LAP SWIM (8) 10:00-4:00PM		LAP SWIM (8) 11:30-4:00PM	LAP SWIM (4) 10:30-12PM		
10:30 AM		LAP SWIM (8) 11:30-4:00PM		LAP SWIM (8) 11:30-4:00PM	LAP SWIM (5) 12:00-4:30PM		
11:00 AM		LAP SWIM (8) 11:30-4:00PM	LAP SWIM (8) 10:00-4:00PM	LAP SWIM (8) 11:30-4:00PM	DIVING BOARD (3) 12:00-4:30PM		
12:00 PM	BDHS SWIM TEAM (3) 4-5:30PM	BDHS SWIM TEAM (3) 4-5:30PM	BDHS SWIM TEAM (3) 4-5:30PM	BDHS SWIM TEAM (3) 4-5:30PM	BDHS SWIM TEAM (3) 4-5:30PM	CLOSED	
1:00 PM							
2:00 PM							
3:00 PM	LESSONS (1) 4:30-5:30PM	LESSONS (3) 4:30-5:30PM	LESSONS (1) 4:30-5:30 PM	LESSONS (2) 4:00-5:30 PM	LAP SWIM (2) 4:00-5:30PM	CLOSED	
4:00 PM							
4:30 PM							
	LAP SWIM (4) 4:00-5:30 PM	LAP SWIM (2) 4:00-5:30PM	LAP SWIM (4) 4:00- 5:30 PM	LAP SWIM (3) 4:00-5:30 PM	DIVING BOARD (3) 4:30-7:30PM		
5:00 PM	LESSONS (1) 5:30PM-6:30PM	LESSONS (3) 5:30-7:00PM	LAP SWIM (5) 5:30- 6:30 PM	LESSONS (2) 5:30PM 6:00PM	LAP SWIM (5) 5:30-7:30PM		
5:30 PM	DEEP WATER HIGH INTENSITY (2) 5:30-6:30PM		SHALLOW WATER FREE WEIGHTS (2) 5:30-6:30PM	LAP SWIM (6) 5:30-6:00PM			
	LAP SWIM (5) 5:30-7:30 PM		LESSONS (1) 5:30-6 PM	LAP SWIM (6) 5:30-6:00PM			
		LESSONS (1) 6:30-7:30 PM	LESSONS (4) 6:00-7:30 PM				
6:00 PM		LAP SWIM (5) 5:30-7:30PM	LAP SWIM (4) 6:30-7:30 PM	DIVING BOARD (3) 4:30-7:30PM			
6:30 PM	DEEP AQUA JOG (3) 6:30-7:30PM	DEEP AQUA JOG (3) 6:30-7:30PM	LAP SWIM (4) 6:00-7:30PM				
7:00 PM	CLOSED	CLOSED	CLOSED		CLOSED		
7:30 PM	CLOSED						
	POOL/LANE CLOSURES					Hours and Schedules as of 7/31/2025	
	*DISCLAIMER: Lane availability may vary depending on YMCA programs.Y programs take precedent for lap lanes.This includes Private Lessons, Swim Team, Group Lessons, Camp Lessons, and Water Classes. ☐					YMCA Pool Hours	
	When lanes are limited lane circle swimming is encouraged.					Monday- Friday	5a-7:30pm
	CLOSED AUG 25th- 30th for annual cleaning					Saturday	7a-4:30pm
						Sunday	CLOSED