



the **YMCA**®
FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00 AM	LAP SWIM (8) 5:00-8:00AM	LAP SWIM (8) 5:00-10:30AM	LAP SWIM (8) 5:00-8:00AM	LAP SWIM (8) 5:00-10:30AM	LAP SWIM (8) 5:00-8:00AM	CLOSED	
6:00 AM							
7:00 AM							
	DEEP AQUA JOG (6) 8-8:45 AM		DEEP AQUA JOG (7) 8-8:45 AM		DEEP AQUA JOG (6) 8-8:45 AM	LAP SWIM (8) 7:00-8:45AM	
8:00 AM 8:45 AM	WATER AEROBICS (6) 9-9:45AM		LAP SWIM (1) 8-9:00AM	WATER AEROBICS (6) 9-9:45AM	DEEP WATER HIGH INTENSITY (3) 8:45-9:45AM	CLOSED	
			WATER AEROBICS (6) 9-9:45AM				
9:00 AM							
9:45 AM	LAP SWIM (2) 8:00-9:45 AM	LESSONS (2) 10:30-11:00 AM	LAP SWIM (2) 9-9:45 AM	LESSONS (2) 10:30-11:00 AM	LAP SWIM (2) 8:00-9:45 AM		LESSONS (2) 9:30-10:30AM
10:00 AM						LAP SWIM (3) 9:30-10:30AM	
10:30 AM	LAP SWIM (8) 10:00-4:00PM	LAP SWIM (6) 10:30-11:00AM	LAP SWIM (8) 10:00-4:00PM	LAP SWIM (6) 10:30-11:00AM	LAP SWIM (8) 10:00-4:30PM	LESSONS (4) 10:30-11:30AM	
11:00 AM							LAP SWIM (4) 10:30-11:30AM
12:00 PM							LESSONS (6) 11:30-12:00PM
1:00 PM						LAP SWIM (8) 11:00-4:00PM	LAP SWIM (2) 11:30-12:00PM
2:00 PM							
3:00 PM				SPECIAL OLYMPICS SWIM TEAM (4) 3:30-4:25PM	LAP SWIM (5) 12:00-4:30PM	LAP SWIM (5) 12:00-3:30PM	
4:00 PM	LESSONS (2) 4:00-4:30PM	LESSONS (1) 4:00-4:30PM	LESSONS (1) 4:00-4:30PM	LESSONS (1) 4:00-4:30PM	DIVING BOARD (3) 4:30-7:30PM	DIVING BOARD (3) 12:00-4:30PM	DIVING BOARD (3) 12:00-3:30PM
4:30 PM	LAP SWIM (4) 4:00-4:30 PM	LAP SWIM (7) 4:00-4:30PM	LAP SWIM (5) 4:00-4:30PM	LAP SWIM (3) 4:00-4:30PM			
	DEEP WATER HIGH INTENSITY (2) 4:15-5:15PM	DCSD SWIM TEAM (3) 4:30-5:00PM	SHALLOW WATER FREE WEIGHTS (2) 4:15-5:15PM	DCSD SWIM TEAM (3) 4:30-5:00PM		CLOSED	
	DCSD SWIM TEAM (3) 4:30-5:00PM	LESSONS (3) 4:30-5:00PM	DCSD SWIM TEAM (3) 4:30-5:00PM	LESSONS (2) 4:30-5:00PM			
5:00 PM	LESSONS (2) 4:30-5:00PM	LAP SWIM (2) 4:30-5:00PM	LESSONS (1) 4:30-5:00 PM	LAP SWIM (3) 4:30-5:00PM			
	LAP SWIM (1) 4:30-5:00 PM	DCSD SWIM TEAM (5) 5:00-5:30PM	LAP SWIM (2) 4:30-5:00 PM	DCSD SWIM TEAM (4) 5:00-5:30PM			
5:30 PM	DCSD SWIM TEAM (6) 5:00-6:00PM	LESSONS (3) 5:00-5:30PM	DCSD SWIM TEAM (6) 5:00- 6:00 PM	LESSONS (4) 5:00-5:30PM	LAP SWIM (5) 4:30-7:30PM		
	LESSONS (1) 5:00-6:00PM	DCSD SWIM TEAM (5) 5:30-6:00PM	LESSONS (1) 5:00-6:00PM	DCSD SWIM TEAM (5) 5:30-6:00PM			
	LAP SWIM (1) 5:00-6:00PM	LESSONS (1) 5:30-6:00PM	LAP SWIM (1) 5:00-6:00PM				
	DCSD SWIM TEAM (4) 6:00-6:30PM	LAP SWIM (2) 5:30-6:00PM	DCSD SWIM TEAM (4) 6:00-6:30PM	LAP SWIM (3) 5:30-6:00PM			
	LESSONS (1) 6:00-7:00PM	DCSD SWIM TEAM (4) 6:00-6:30PM	LESSONS (1) 6:00-6:30PM	DCSD SWIM TEAM (4) 6:00-6:30PM			
6:00 PM	LAP SWIM (3) 6:00-6:30 PM	LESSONS (3) 6:00-6:30PM	LAP SWIM (3) 6:00-6:30PM	LESSONS (2) 6:00-6:30PM			
6:30 PM	LESSONS (2) 7:00-7:30PM	LAP SWIM (1) 6:00-6:30PM	LESSONS (1) 6:30-7:00PM	LAP SWIM (2) 6:00-6:30PM			
	LAP SWIM (3) 7:00-7:30PM	LESSONS (7) 6:30-7:30PM	LAP SWIM (4) 6:30-7:30PM	LESSONS (6) 6:30-7:30PM			
	DEEP AQUA JOG (3) 6:30-7:30PM	LAP SWIM (1) 6:30-7:30PM	DEEP AQUA JOG (3) 6:30-7:30PM	LAP SWIM (2) 6:30-7:30PM			
7:00 PM							
7:30 PM	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED		
	POOL/LANE CLOSURES					Hours and Schedules as of 1/31/2026	
	*DISCLAIMER: Lane availabilty 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
	No Lap Lanes available Tuesdays & Thursdays from 5:00-5:30PM					Saturday	7a-4:30pm
	February 21st & 22nd - Lifeguard Class (2)					Sunday	12-3:30pm
	Cub Scout Swim Test- February 27th (2) 5PM						