

JANUARY

2025

COMPETITIVE

POOL

SCHEDULE



Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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	LESSONS (4) 10:30- 12:00 PM	
12:00 PM					10:30-11:15 AM (3) LAP (5)	LAP SWIM (4)	
1:00 PM	LAP SWIM (8)	LAP SWIM (8)	LAP SWIM (8)	LAP SWIM (8)			
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					11:15- 4:30 PM	DIVING BOARD (3)	
3:45 PM						12:00- 4:30 PM	
4:00 PM							
4:30 PM	DCSD SWIM TEAM (3)	DCSD (3) 4:30- 5 PM	DCSD SWIM TEAM (3)	DCSD (3) 4:30- 5 PM			
	4:30-5:00 PM	LESSONS (2) 4:30- 5 PM	4:30-5:00 PM	LESSONS (3) 4:30- 5 PM			
	LAP SWIM (5)	LAP SWIM	LESSONS (2) 4:30-5 PM	LAP SWIM (2)			
	4:30-5 PM	4:30- 5 PM (3)	LAP SWIM (3) 4:30-5 PM	4:30-5 PM			
5:00 PM	DSCD (5) 5-5:30 PM	DSCD (5) 5-5:30 PM	DCSD (5) 5-5:30 PM	DCSD (5) 5-5:30 PM			
	LAP SWIM (3)	LAP SWIM (3)	LESSONS (1) 5-5:30 PM	LESSONS (1) 5-5:30 PM	LAP SWIM (5)		
5:30 PM	5-5:30 PM	5-5:30 PM	LAP SWIM (2) 5:00- 5:30 PM	LAP SWIM (2) 5:00- 5:30 PM	4:30PM- 7:30 PM		
	DCSD (5) 5:30-6 PM	DCSD SWIM TEAM (5)	DCSD (5) 5:30-6 PM	DCSD SWIM TEAM (5)	DIVING BOARD (3)		
	DEEP WATER HIGH INTENSITY	5:30-6 PM	Shallow Water Free Weights	5:30-6 PM	4:30-7:30 PM		
	5:30-6:30 PM (2)	LAP SWIM (3)	5:30-6:30 PM (2)	LAP SWIM (3)		CLOSED	
	LAP SWIM (1) 5:30- 6:30	5:30-6 PM	LESSONS (1) 5:30-6 PM	5:30-6 PM			
6:00 PM	DCSD SWIM TEAM (4)	LESSONS (2) 6-6:30 PM	DCSD(4) 6:00-6:30 PM	LESSONS (2) 6-6:30 PM			
6:30 PM	6:00-6:30 PM	LAP SWIM (6) 6-6:30 PM	LAP SWIM (4) 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 (2) 6-6:30 (5) 6:30-7:30	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

*Due to DSCD Swim Meet the Competitive Pool will be closed January 19th until 1pm.

*DISCLAIMER: Lane availability may vary depending on YMCA programs. When lanes are limited lane circle swimming is encouraged.

Hours and Schedules as of 11/5/2024	
YMCA Facility Hours	
Monday- Friday	5a-8p
Saturday	7a-6p
Sunday	12p-3:30p