

# July 2025 Competitive Pool Schedule



Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00 AM			LAP SWIM (8)		LAP SWIM (8)	CLOSED	
6:00 AM	LAP SWIM (8)	LAP SWIM (8)	5:00-7:55 AM	LAP SWIM (8)	5:00-8:00 AM	LAP SWIM (8)	
7:00 AM	5:00-8:00 AM						
		5:00-7:50AM	LESSONS (1) 7:55-8:30AM	5:00-7:50AM			
8:00 AM	DEEP AQUA JOG (6) 8-8:45 AM	LESSONS (1) 7:50-8:30 AM	DEEP AQUA JOG (6) 8-8:45 AM	LESSONS (1) 7:50-8:30 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 (7) 7:50-8:30AM	LAP SWIM (1) 8-9:00AM	LAP SWIM (7) 7:50-8:30AM	LAP SWIM (2) 8-8:45 AM	DEEP WATER HIGH INTENSITY	
		LESSONS (2) 8:30-9:00AM		LESSONS (2) 8:30-9:00AM			
		LAP SWIM (6) 8:30-9:00AM		LAP SWIM (6) 8:30-9:00AM			
9:00 AM	WATER AEROBICS (6) 9-9:45AM	LAP SWIM (8) 9:00-10:30 AM	WATER AEROBICS (6) 9-9:45AM	LAP SWIM (8) 9:00-10:30 AM	WATER AEROBICS (6) 9-9:45AM	8:45- 9:45 AM (2)	
9:45 AM	LAP SWIM (2) 9-9:45 AM	LESSONS (4) 10:30-11:30 AM	LAP SWIM (2) 9-9:45 AM	LESSONS (4) 10:30-11:30 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		10:30- 11:30 AM		10:30- 11:30 AM	9:30- 10:30 AM	9:00-10:30 AM	
11:00 AM						LESSONS (4) 10:30-12:00 PM	
12:00 PM						LAP SWIM (4)	CLOSED
1:00 PM	LAP SWIM (8)	LAP SWIM (8)	LAP SWIM (8)	LAP SWIM (8)			
2:00 PM	10:00-4:00 PM	11:30- 3:00 PM	10:00-4:00 PM	11:30- 3:00 PM		LAP SWIM (5)	
3:00 PM		SWIM TEAM (3) 3-4:30PM		SWIM TEAM (3) 3-4:30PM		DIVING BOARD (3) 12:00- 4:30 PM	
		LAP SWIM (5) 3-4:30PM		LAP SWIM (5) 3-4:30PM			
4:00 PM	SWIM TEAM (3) 4-5:30PM	LESSONS (3) 4:30-5 PM	SWIM TEAM (3) 4-5:30PM	LESSONS (2) 4:30- 5 PM			
4:30 PM	LESSONS (1) 4:30-5:30PM	LAP SWIM (5) 4:30- 5:30 PM	LESSONS (1) 4:30-5:30 PM	LAP SWIM (6) 4:30- 5:00 PM			
	LAP SWIM (4) 4:00-5:30 PM	LESSONS (3) 5-5:30PM		LESSONS (2) 5-5:30 PM			
		LAP SWIM (5) 5-5:30PM	LAP SWIM (4)	LAP SWIM (6)	LAP SWIM (5)		
5:00 PM			4:00- 5:30 PM	5:00- 5:30 PM	4:30PM- 7:30 PM		
	LESSONS (1) 5:30PM-6:30PM		LAP SWIM (5) 5:30- 6:00 PM		DIVING BOARD (3)		
5:30 PM	DEEP WATER HIGH INTENSITY	LESSONS (3) 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 (5)	5:30-6:30 PM (2)	LAP SWIM (6) 5:30-6:00PM			
		5:30-6:00 PM	LESSONS (1) 5:30-6 PM				
	LAP SWIM (5) 5:30-7:30 PM	LESSONS (3) 6-6:30 PM		LESSONS (5) 6-6:30 PM			
		LAP SWIM (5) 6-6:30 PM	LAP SWIM (8) 6:00-6:30	LAP SWIM (3) 6:00-6:30			
6:00 PM		LESSONS (3)	LESSONS (1) 6:30-7:30 PM	LESSONS (5)			
6:30 PM		6:30-7:00 PM	LAP SWIM (4) 6:30-7:30 PM	6:30-7:30 PM			
	DEEP AQUA JOG (3)	LAP SWIM (5)	DEEP AQUA JOG (3)	LAP SWIM (3)			
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 7/03/2025	
	*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 Facility Hours	
	When lanes are limited lane circle swimming is encouraged.					Monday- Friday	5a-8p
	Sea Dragons Swim Meet Wednesday, July 9th (8)					Saturday	7a-6p
	Sports Camp July 17th & 31st 8:30-10:00AM Lanes 6,7,8					Sunday	CLOSED