

November 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) 5:00-8:00AM		LAP SWIM (8) 5:00-8:00AM	CLOSED	
6:00 AM							
7:00 AM							
8:00 AM	DEEP AQUA JOG (6) 8-8:45 AM	LAP SWIM (8) 5:00-10:30AM	DEEP AQUA JOG (7) 8-8:45 AM	LAP SWIM (8) 5:00-10:30AM	DEEP AQUA JOG (6) 8-8:45 AM	LAP SWIM (8) 7:00-8:45AM	
8:45 AM			LAP SWIM (1) 8-9:00AM				
	WATER AEROBICS (6) 9-9:45AM		WATER AEROBICS (6) 9-9:45AM		WATER AEROBICS (6) 9-9:45AM	DEEP WATER HIGH INTENSITY (3) 8:45-9:45AM	
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 (4) 9:30-10:00AM	
10:00 AM						LAP SWIM (1) 9:30-10:00AM	
10:30 AM		LAP SWIM (6) 10:30-11:00AM		LAP SWIM (6) 10:30-11:00AM			
11:00 AM						LESSONS (2) 10:00-11:30AM	CLOSED
12:00 PM						LAP SWIM (6) 10:00-11:30AM	
1:00 PM	LAP SWIM (8) 10:00-4:00PM	LAP SWIM (8) 11:00-4:00PM	LAP SWIM (8) 10:00-4:00PM	LAP SWIM (8) 11:00-4:00PM	LAP SWIM (8) 10:00-4:30PM	LESSONS (6) 11:30-12:00PM	
2:00 PM						LAP SWIM (2) 11:30-12:00PM	
3:00 PM						LAP SWIM (5) 12:00-4:30PM	
4:00 PM	LESSONS (2) 4:00-4:30PM	LESSONS (3) 4:00-4:30PM	LESSONS (1) 4:00-4:30PM	LESSONS (2) 4:00-4:30PM		DIVING BOARD (3) 12:00-4:30PM	
4:30 PM	LAP SWIM (4) 4:00-4:30 PM	LAP SWIM (5) 4:00-4:30 PM	LAP SWIM (5) 4:00-4:30 PM	LAP SWIM (6) 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			
	DCSD SWIM TEAM (3) 4:30-5:00PM	LESSONS (4) 4:30-5:00PM	DCSD SWIM TEAM (3) 4:30-5:00PM	LESSONS (2) 4:30-5:00PM	DIVING BOARD (3) 4:30-7:30PM		
5:00 PM	LESSONS (2) 4:30-5:00PM	LAP SWIM (1) 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 (4) 5:00-5:30PM	LAP SWIM (2) 4:30-5:00 PM	DCSD SWIM TEAM (5) 5:00-5:30PM			
5:30 PM	DCSD SWIM TEAM (6) 5:00-6:00PM	LESSONS (4) 5:00-5:30PM	DCSD SWIM TEAM (6) 5:00-6:00 PM	LESSONS (2) 5:00-5:30PM		CLOSED	
	LESSONS (1) 5:00-6:00PM	DCSD SWIM TEAM (5) 5:30-6:00PM	LESSONS (1) 5:00-6:00PM	LAP SWIM (1) 5:00-5:30PM			
	LAP SWIM (1) 5:00-6:00PM	LESSONS (2) 5:30-6:00PM	LAP SWIM (1) 5:00-6:00PM	DCSD SWIM TEAM (5) 5:30-6:00PM			
	DCSD SWIM TEAM (4) 6:00-6:30PM	LAP SWIM (1) 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	LAP SWIM (5) 4:30-7:30PM		
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 (5) 6:30-7:30PM	LAP SWIM (4) 6:30-7:30PM	LESSONS (5) 6:30-7:30PM			
7:00 PM	DEEP AQUA JOG (3) 6:30-7:30PM	LAP SWIM (3) 6:30-7:30PM	DEEP AQUA JOG (3) 6:30-7:30PM	LAP SWIM (3) 6:30-7:30PM			
7:30 PM	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED		
	POOL/LANE CLOSURES					Hours and Schedules as of 10/31/2025	
	*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. ☐ When lanes are limited lane circle swimming is encouraged. BDHS Swim Team (3) November 3rd-7th 4:00-5:30pm Swim Lessons (2) Monday, November 10th 5:00-7:00pm No Lap Lanes available Tuesdays from 5:00-5:30PM					YMCA Pool Hours	
						Monday- Friday	5a-7:30pm
						Saturday	7a-4:30pm
						Sunday	CLOSED

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