

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

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
5:00 AM	Low Impact Water Aerobics 7:15-8:00AM	Early Rizer Water Aerobics 6:00-6:45AM	Low Impact Water Aerobics 7:15-8:00AM	Early Rizer Water Aerobics 6:00-6:45AM	Low Impact Water Aerobics 7:15-8:00AM	CLOSED		
6:00 AM								
7:00 AM								
8:00 AM								
8:30 AM	Propulsion Walking 6:00-11:15AM	Propulsion Walking 6:00-11:15AM	Propulsion Walking 6:00-11:15AM	Propulsion Walking 6:00-11:15AM	Propulsion Walking 6:00-11:15AM	Propulsion Walking	CLOSED	
9:00 AM	Intermediate Water Aerobics 10:00AM-10:45AM	Swim Lessons 8:30-12:00PM	Intermediate Water Aerobics 10:00AM-10:45AM	Swim Lessons 8:30-12:00PM	Intermediate Water Aerobics 10:00AM-10:45AM	8:30-12:00PM Swim Lessons		
10:00 AM						8:30-12:00PM		
10:30 AM						Swim Lessons		
11:15 AM						8:30-12:00PM		
12:00 PM	CLOSED 11:15AM-4:00PM	CLOSED 11:15AM-4:00PM	CLOSED 11:15AM-4:00PM	CLOSED 11:15AM-4:00PM	CLOSED 11:15AM-4:00PM	Family Open Swim & Lazy River		
1:00 PM								
2:00 PM								
3:00 PM								
3:45 PM						12:30-3:30		
4:00 PM								
4:30 PM	Family Open Swim 4:00-7:30PM	Propulsion Walking 4:00-7:00PM	Family Open Swim 4:00-7:30PM	Propulsion Walking 4:00-7:00PM	Family Open Swim & Lazy River 4:00-7:30PM	CLOSED		
5:00 PM		Swim Lessons 4:00-7:00PM		Swim Lessons 4:00-7:00PM				
5:30 PM								
6:00 PM								
6:30 PM								
7:00 PM								
7:30 PM	CLOSED		CLOSED		CLOSED			
	POOL CLOSURES/EVENTS						Hours and Schedules as of 10/31/2025	
	Schools Night Out- November 14th 5pm						YMCA Pool Hours	
	Members must be at least 13 years old to participate in propulsion walking						Monday- Friday	5a-7:30p
							Saturday	7a-4:30p
							Sunday	CLOSED