

July 2026 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	CLOSED				
6:00 AM											
7:00 AM											
	DEEP AQUA JOG (6) 8-8:45 AM	LAP SWIM (8) 5:00-10:00AM	DEEP AQUA JOG (7) 8-8:45 AM	LAP SWIM (8) 5:00-10:00AM	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					
9:00 AM	LAP SWIM (2) 8:00-9:45 AM	LESSONS (2) 10:00-12:00 PM	LAP SWIM (2) 9-9:45 AM	LESSONS (2) 10:00-12:00 PM	LAP SWIM (2) 8:00-9:45 AM	LESSONS (2) 9:30-10:30AM					
9:45 AM						LAP SWIM (3) 9:30-10:30AM					
10:00 AM				LAP SWIM (6) 10:00-1:00PM				LAP SWIM (6) 10:00-1:00PM		LESSONS (4) 10:30-11:30AM	
10:30 AM	LESSONS (3) 1:00-2:30PM		LESSONS (3) 1:00-2:30 PM		LAP SWIM (4) 10:30-11:30AM						
11:00 AM	LAP SWIM (8) 10:00-4:00PM		LAP SWIM (5) 1:00-4:00PM	LAP SWIM (8) 10:00-4:00PM	LAP SWIM (5) 1:00-4:00PM			LAP SWIM (8) 10:00-4:30PM		LESSONS (4) 11:30-12:00PM	
12:00 PM		LAP SWIM (4) 11:30-12:00PM									
1:00 PM										LAP SWIM (4) 11:30-12:00PM	
2:00 PM	LAP SWIM (5) 12:00-4:30PM										
3:00 PM	DCSD SWIM TEAM (3) 4:00-4:30PM			DCSD SWIM TEAM (3) 4:00-4:30PM				DCSD SWIM TEAM (3) 4:00-4:30PM		DCSD SWIM TEAM (3) 4:00-4:30PM	
		LESSONS (1) 3:30-4:30PM	LESSONS (1) 4:00-4:30PM		LESSONS (1) 4:00-4:30PM	LESSONS (1) 4:00-4:30PM					
4:00 PM		LAP SWIM (3) 4:00-4:30 PM	LAP SWIM (4) 4:00-4:30PM		LAP SWIM (4) 4:00-4:30PM	LAP SWIM (4) 4:00-4:30PM					
4:30 PM	DEEP WATER HIGH INTENSITY (2) 4:15-5:15PM	LESSONS (3) 4:30-5:00PM	LESSONS (1) 4:30-5:00 PM	LESSONS (3) 4:30-5:00PM	DIVING BOARD (3) 4:30-7:30PM	CLOSED					
								LESSONS (1) 4:30-5:00PM			
								LAP SWIM (2) 4:30-5:00 PM	LAP SWIM (2) 4:30-5:00PM	LAP SWIM (4) 4:30-5:00 PM	LAP SWIM (2) 4:30-5:00PM
5:00 PM	DCSD SWIM TEAM (3) 4:30-5:30PM	DCSD SWIM TEAM (3) 4:30-5:30PM	DCSD SWIM TEAM (3) 4:30-5:30PM	DCSD SWIM TEAM (3) 4:30-5:30PM							
	LESSONS (1) 5:00-5:30PM	LESSONS (3) 5:00-5:30PM	LAP SWIM (8) 5:00-6:30PM	LESSONS (2) 5:00-5:30PM							
				LAP SWIM (2) 5:00-5:30PM	LAP SWIM (3) 5:00-5:30PM						
		LESSONS (3) 5:30-6:00PM		LAP SWIM (8) 5:30-6:00PM							
	LAP SWIM (8) 5:30-6:30 PM	LESSONS (3) 6:00-6:30PM		LESSONS (2) 6:00-6:30PM							
					LAP SWIM (5) 5:30-6:00PM			LAP SWIM (6) 6:00-6:30PM			
					LAP SWIM (5) 6:00-6:30PM			LAP SWIM (6) 6:00-6:30PM			
6:00 PM	LAP SWIM (5) 7:00-7:30PM	LESSONS (3) 6:30-7:30PM		LAP SWIM (5) 6:30-7:30PM	LESSONS (4) 6:30-7:30PM						
6:30 PM	DEEP AQUA JOG (3) 6:30-7:30PM	LAP SWIM (5) 6:30-7:30PM	DEEP AQUA JOG (3) 6:30-7:30PM	LAP SWIM (2) 6:30-7:30PM							
7:00 PM	CLOSED	CLOSED	CLOSED	CLOSED							
7:30 PM											
	POOL/LANE CLOSURES					Hours and Schedules as of 7/2/2026					
	*DISCLAIMER: Lane availability may vary depending on YMCA programs.Y programs take precedent for lap lanes. This includes Lifeguard Training, Private Lessons, Swim Team, Group Lessons, Camp Lessons, and Water Classes. ☐					YMCA Pool Hours					
						When lanes are limited lane circle swimming is encouraged.					
	Sports Camp (3)- July 16th & 30th 8:30am-10am					Monday- Friday	5a-7:30pm				
						Saturday	7a-4:30pm				