

July 2026 Family Pool Schedule							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		Marshfield PT 7:00- 9:00AM		Marshfield PT 7:00- 9:00AM				
7:00 AM								
8:00 AM		Propulsion Walking		Propulsion Walking				Propulsion Walking
8:30 AM	6:00-11:15AM	6:00-11:15AM	6:00-11:15AM	6:00-11:15AM	6:00-11:15AM			Propulsion Walking
9:00 AM	Intermediate Water Aerobics	Swim Lessons	Intermediate Water Aerobics	Swim Lessons	Intermediate Water Aerobics			8:30-12:00PM
10:00 AM	10:00AM-10:45AM	8:30-12:00PM	10:00AM-10:45AM	8:30-12:00PM	10:00AM-10:45AM			Swim Lessons
10:30 AM								8:30-12:00PM
11:15 AM	CLOSED 11:15AM-4:00PM					Family Open Swim & Lazy River		
12:00 PM						12:00-4:30PM		
1:00 PM						Slide		
2:00 PM						12:30-3:30		
3:00 PM								
3:45 PM								
4:00 PM	Family Open Swim 4:00-7:30PM	Propulsion Walking 4:00-7:00PM	SHALLOW WATER FREE WEIGHTS 4:15- 5:15PM	Propulsion Walking 4:00-7:00PM	Family Open Swim & Lazy River 4:00-7:30PM	CLOSED		
4:30 PM		Swim Lessons 4:00-7:00PM		Swim Lessons 4:00-7:00PM				
5:00 PM								
5:30 PM		CLOSED		CLOSED	CLOSED			CLOSED
6:00 PM	CLOSED	CLOSED	CLOSED	CLOSED				
6:30 PM								
7:00 PM								
7:30 PM								
	POOL CLOSURES/EVENTS					Hours and Schedules as of 7/2/2026		
						YMCA Pool Hours		
						Monday- Friday	6a-7:30pm	
						Saturday	8:30a-4:30pm	
	Members must be at least 13 years old to participate in propulsion walking							