

September 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				
6:00 AM			LAP SWIM (8) 5:00-8:00AM		LAP SWIM (8) 5:00-8:00AM					
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	CLOSED			
8:00 AM	WATER AEROBICS (6) 9-9:45AM		LAP SWIM (1) 8-9:00AM		WATER AEROBICS (6) 9-9:45AM	LAP SWIM (2) 8:00-9:45 AM		DEEP WATER HIGH INTENSITY (3) 8:45-9:45AM		
8:45 AM										
9:00 AM										
9:45 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				
10:00 AM						LAP SWIM (3) 9:30-10:30AM				
10:30 AM										
11:00 AM		LAP SWIM (6) 10:00-12:00PM		LAP SWIM (6) 10:00-12:00PM		LESSONS (4) 10:30-11:30AM				
12:00 PM								LAP SWIM (4) 10:30-11:30AM		
1:00 PM	LAP SWIM (8) 10:00-4:00PM	LAP SWIM (8) 12:00-4:00PM	LAP SWIM (8) 10:00-4:00PM	LAP SWIM (8) 12:00-4:00PM	LAP SWIM (8) 10:00-4:00PM	LESSONS (4) 11:30-12:00PM				
2:00 PM										LAP SWIM (4) 11:30-12:00PM
3:00 PM										
	LESSONS (1) 4:15-4:45PM	LESSONS (1) 4:00-4:30PM	LESSONS (1) 4:00-4:30PM	LESSONS (1) 4:00-4:30PM		DIVING BOARD (3) 12:00-4:30PM				
4:00 PM	LAP SWIM (2) 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	BD SWIM TEAM (3) 4:00-4:30PM	BD SWIM TEAM (3) 4:00-4:30PM	BD SWIM TEAM (3) 4:00-4:30PM	BD SWIM TEAM (3) 4:00-4:30PM	BD SWIM TEAM (3) 4:00-5:30PM					
	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						
	LESSONS (1) 4:15-4:45PM									
	BD SWIM TEAM (3) 4:30-5:00PM									
5:00 PM	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						
	BD SWIM TEAM (3) 5:00-5:30PM	BD SWIM TEAM (3) 5:00-5:30PM	BD SWIM TEAM (3) 5:00-5:30PM	BD SWIM TEAM (3) 5:00-5:30PM						
5:30 PM	LESSONS (1) 5:00-5:30PM	LESSONS (3) 5:00-5:30PM		LESSONS (3) 5:00-5:30PM		CLOSED				
	LAP SWIM (4) 5:00-5:30 PM	LAP SWIM (2) 5:00-5:30PM		LAP SWIM (2) 5:00-5:30PM						
	LAP SWIM (8) 5:30-6:30 PM	LESSONS (3) 5:30-6:00PM		LAP SWIM (8) 5:30-6:00PM						
		LAP SWIM (5) 5:30-6:00PM	LAP SWIM (8) 5:30-6:30PM	LAP SWIM (8) 5:30-6:00PM						
					LAP SWIM (5) 4:30-7:30PM					
6:00 PM		LESSONS (3) 6:00-6:30PM		LESSONS (3) 6:00-6:30PM						
6:30 PM		LAP SWIM (5) 6:00-6:30PM		LAP SWIM (5) 6:00-6:30PM						
	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						
	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 (4) 6:30-7:30PM						
7:00 PM										
7:30 PM	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED					
	POOL/LANE CLOSURES					Hours and Schedules as of 8/31/2026				
	*DISCLAIMER: Lane availabilty 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.					Monday- Friday	5a-7:30pm			
	Lap pool closed Aug. 31st - Sept. 5th					Saturday	7a-4:30pm			
	Family pool closed Sept. 7th - 12th									