



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# INDOOR POOL SCHEDULE

Winter 2025 \*Schedule Subject to Change

Times	Mon/Wed						Tues/Thurs						Friday						Saturday						Sunday						Times						
	L1	L2	L3	L4	L5	L6	L1	L2	L3	L4	L5	L6	L1	L2	L3	L4	L5	L6	L1	L2	L3	L4	L5	L6	L1	L2	L3	L4	L5	L6							
5:00 AM	Lap Swim						Lap Swim						Lap Swim																		5:00 AM						
5:30 AM	Lap Swim						Lap Swim						Lap Swim																								5:30 AM
6:00 AM	Lap Swim						Lap Swim						Lap Swim																								6:00 AM
6:30 AM	Lap Swim						Lap Swim						Lap Swim																								6:30 AM
7:00 AM	Lap Swim						Lap Swim						Lap Swim						Lap Swim						Open Swim												7:00 AM
7:30 AM	Lap Swim						Lap Swim						Lap Swim						Lap Swim						Open Swim												7:30 AM
8:00 AM	Lap Swim						Lap Swim						Lap Swim						Lap Swim						Open Swim												8:00 AM
8:30 AM	Lap Swim						Lap Swim						Lap Swim						Lap Swim						Open Swim												8:30 AM
9:00 AM	Lap Swim						Lap Swim						Lap Swim						Lap Swim						Open Swim												9:00 AM
9:30 AM	Lap Swim						Lap Swim						Lap Swim						Lap Swim						Open Swim												9:30 AM
10:00 AM	Lap Swim						Lap Swim						Lap Swim						Lap Swim						Open Swim												10:00 AM
10:30 AM	Lap Swim						Lap Swim						Lap Swim						Lap Swim						Open Swim												10:30 AM
11:00 AM	Lap Swim						Lap Swim						Lap Swim						Lap Swim						Open Swim												11:00 AM
11:30 AM	Lap Swim						Lap Swim						Lap Swim						Lap Swim						Open Swim												11:30 AM
12:00 PM	Masters						Masters						Masters						Masters						Open Swim												12:00 PM
12:30 PM	Masters						Masters						Masters						Masters						Open Swim												12:30 PM
1:00 PM	Lap Swim						Lap Swim						Lap Swim						Lap Swim						Open Swim												1:00 PM
1:30 PM	Lap Swim						Lap Swim						Lap Swim						Lap Swim						Open Swim												1:30 PM
2:00 PM	Lap Swim						Lap Swim						Lap Swim						Lap Swim						Open Swim												2:00 PM
2:30 PM	Lap Swim						Lap Swim						Lap Swim						Lap Swim						Open Swim												2:30 PM
3:00 PM	Lap Swim						Lap Swim						Lap Swim						Lap Swim						Open Swim												3:00 PM
3:30 PM	Lap Swim						Lap Swim						Lap Swim						Lap Swim						Open Swim												3:30 PM
4:00 PM	Lap Swim						Lap Swim						Lap Swim						Lap Swim						Open Swim												4:00 PM
4:30 PM	Lap Swim						Lap Swim						Lap Swim						Lap Swim						Open Swim												4:30 PM
5:00 PM	Lap Swim						Lap Swim						Lap Swim						Lap Swim						Open Swim												5:00 PM
5:30 PM	Lap Swim						Lap Swim						Lap Swim						Lap Swim						Open Swim												5:30 PM
6:00 PM	Lap Swim						Lap Swim						Lap Swim						Lap Swim						Open Swim												6:00 PM
6:30 PM	Lap Swim						Lap Swim						Lap Swim						Lap Swim						Open Swim												6:30 PM
6:45 PM	Lap Swim						Lap Swim						Lap Swim						Lap Swim						Open Swim												6:45 PM
7:00 PM	Lap Swim						Lap Swim						Lap Swim						Lap Swim						Open Swim												7:00 PM
7:30 PM	Lap Swim						Lap Swim						Lap Swim						Lap Swim						Open Swim												7:30 PM
8:00 PM	Lap Swim						Lap Swim						Lap Swim						Lap Swim						Open Swim												8:00 PM
8:30 PM	Lap Swim						Lap Swim						Lap Swim						Lap Swim						Open Swim												8:30 PM
9:00 PM	Lap Swim						Lap Swim						Lap Swim						Lap Swim						Open Swim												9:00 PM
9:15 PM	Lap Swim						Lap Swim						Lap Swim						Lap Swim						Open Swim												9:15 PM
9:30 PM	Lap Swim						Lap Swim						Lap Swim						Lap Swim						Open Swim												9:30 PM
9:45 PM	Lap Swim						Lap Swim						Lap Swim						Lap Swim						Open Swim												9:45 PM

Lap Swim should be an orderly, continuous swim. Swim in a circle at about 5-10 seconds apart. Slower swimmers must allow faster swimmers to pass; wait at the wall until the faster swimmer turns. Staff may have to move lanes to accommodate the pool schedule. Please be patient with the pool availability!! Thank you for your understanding and cooperation!! 1 length = 25 yards

YMCA Mission: To put Christian principles into practice through programs that build healthy spirit, mind and body for all.

\*SL = Swim Lessons    \*LS = Lap Swim    \*OS = Open Swim    \*PL = Private Lesson