



# LOWE'S YMCA POOL SCHEDULE AUGUST 2025

	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY		
TIMES	Lap	MP	Lap	MP	Lap	MP	Lap	MP	Lap	MP	Lap	MP	Lap	MP	
5AM	LANES AVAILABLE FOR RESERVATIONS IN GRAY AREAS														
6AM															
7AM															
8AM															
9AM			Water Ex 8:30-11am		Water Ex 9-10:30am		Water Ex 8:30-11am		Water Ex 9-10:30am		Water Ex 8:30-11am	Masters Swim			
10AM															
11AM															
12PM															
1PM			Camp MP Closed 1-4pm		Camp MP Closed 1-4pm		Camp MP Closed 1-4pm		Camp MP Closed 1-4pm		Camp MP Closed 1-4pm				
2PM			(Camp ends Aug 8)		(Camp ends Aug 8)		(Camp ends Aug 8)		(Camp ends Aug 8)		(Camp ends Aug 8)				
3PM															
4PM			Swim Team Prep (begins Aug 18) 4-5:30pm												
5PM															
6PM	Swim Team Prep (begins Aug 18) 6:30-7:30pm				Swim Team Prep (begins Aug 18) 6:30-8pm										
7PM															
8PM															
9PM															

This schedule may be altered to accommodate program needs at any time.

The Vortex, Beach Front, Slides, and Lane Reservations are open/available during the gray areas.

Lap Lane Reservations are recommended and available on the Y app.

All cool pool lanes are shared, while the warm pool has a single lane option.

#### Adult Supervision:

- Children 0-5 years must be accompanied by an adult in the water and within arm's reach at all times
- Children 5-9 need a swim band, otherwise supervising adult needs to be in the water. With a band, must have active adult supervision on the pool deck at all times
- Youth 10-12 may use pools without a designated adult if they are a green band swimmer

**Severe Weather:** In the event that lightning or thunder is present in our area, the Y requires immediate closure of all pools. Pools will remain closed until 30 minutes past the last visible lightning strike or sound of thunder.