



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

INDOOR POOL SCHEDULE

Fall 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					Free Lane	Lap Swim					Free Lane	Lap Swim					Free Lane													5:00 AM																			
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8:00 AM	Lap Swim	Water Fitness					Lap Swim	Water Fitness			Lap Swim		Water Fitness			Lap Swim			Open Swim										8:00 AM																					
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9:00 AM																Lap Swim	Water Fitness				Lap Swim	Water Fitness							PL		Water Fitness				9:00 AM															
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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