



# LOWE'S YMCA FALL POOL SCHEDULE

**EFFECTIVE  
9/1/2025**

	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
TIMES	Lap	MP	Lap	MP	Lap	MP	Lap	MP	Lap	MP	Lap	MP	Lap	MP
5AM														
6AM	Swim Team		Swim Team		Swim Team		Swim Team							
7AM	6-7:30AM		6-7:30AM		6-7:30AM		6-7:30AM				Swim Team			
8AM	LANES AVAILABLE FOR RESERVATIONS IN GRAY AREAS										7-9AM			
9AM		Water Ex 8:30-11AM					Water Ex 8:30-11AM				Water Ex 8:30-11AM			
10AM														
11AM														
12PM														
1PM														
2PM														
3PM														
4PM	Swim Team 4-8:30PM		Swim Team 4-8PM	Swim Team 4-5:30PM	Swim Team 4-8:30PM		Swim Team 4-8PM	Swim Team 4-5:30PM	Swim Team 4-6:30PM					
5PM														
6PM														
7PM														
8PM														
9PM														

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

Lap Lane Reservations are recommended and made on the YCLT+ 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 within arm's reach at all times
- Children 5-9 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.