

YMCA Program Schedule - POOL

Effective November 9th, 2025

FACILITY HOURS

Monday - Friday: 6 am to 10 pm
Saturday: 7 am to 7 pm
Sunday: 8 am to 6 pm
Holidays: 8 am to 4 pm

POOL HOURS

Monday/Wednesday/Friday: 6:30 am to 9 pm
Tuesday/Thursday: 7:15 am to 9 pm
Saturday/Sunday: 8 am to 4 pm

SI = Sign In (Parents must sign children under 10 in and out)
SU = Sign Up (My Wellness App or website)
RP = Registered Program (Register online, additional fee \$)
DI = Drop In (Anyone over age 10 can attend)

MONDAY						
	Leisure Pool	Main Pool				
		20 m	23 m	25 m	25 m	25 m
6:00 AM						
6:30 AM		Lane Swim 6:30 -8:45 am				
7:00 AM						
7:30 AM						
8:00 AM						
8:30 AM						
9:00 AM		AquaFit 9 -9:45 am				
9:30 AM						
10:00 AM		Lane Swim 9:45 am -4 pm				
10:30 AM						
11:00 AM						
11:30 AM						
12:00 PM						
12:30 PM						
01:00 PM						
01:30 PM						
02:00 PM						
02:30 PM						
03:00 PM						
03:30 PM						
04:00 PM	Swim Lessons 4 -7 pm	Swim Lessons 4 -7:30 pm				
04:30 PM						
05:00 PM						
05:30 PM						
06:00 PM						
06:30 PM	Family Swim 7-8 pm	Lane Swim 7:30-9 pm				
07:00 PM						
07:30 PM						
08:00 PM						
08:30 PM						
09:00 PM						
09:30 PM						
10:00 PM						

TUESDAY						
	Leisure Pool	Main Pool				
		20 m	23 m	25 m	25 m	25 m
6:00 AM		Rental 6-7:30 am				
6:30 AM						
7:00 AM						
7:30 AM		Lane Swim 7:30-8:45 am				
8:00 AM						
8:30 AM						
9:00 AM		AquaFit 9-9:45 am				
9:30 AM						
10:00 AM	Parent + Tot 10-10:30 am	Lane Swim 9:45 am-4 pm				
10:30 AM	Family Swim 10:30 am- 12 pm					
11:00 AM						
11:30 AM						
12:00 PM						
12:30 PM						
01:00 PM						
01:30 PM						
02:00 PM						
02:30 PM						
03:00 PM						
03:30 PM						
04:00 PM	Family Swim 4-8 pm	Private lesson bookings 4-7 pm		Swim Lessons 4-7:30 pm		Lane Swim 4-7:30 pm
04:30 PM						
05:00 PM						
05:30 PM		Aqua Zumba 7-7:45 pm				
06:00 PM						
06:30 PM						
07:00 PM						
07:30 PM						
08:00 PM		Rental 8-9 pm				
08:30 PM	Lane Swim 7:45-9 pm					
09:00 PM						
09:30 PM						
10:00 PM						

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WEDNESDAY						
	Leisure Pool	Main Pool				
		20 m	23 m	25 m	25 m	25 m
6:00 AM						
6:30 AM		Lane Swim 6:30-8:45 am				
7:00 AM						
7:30 AM						
8:00 AM						
8:30 AM						
9:00 AM		AquaZumba 9-9:45 am				
9:30 AM						
10:00 AM		Lane Swim 9:45 am-12:45 pm				
10:30 AM						
11:00 AM						
11:30 AM						
12:00 PM						
12:30 PM		AquaFit 1-1:45 pm				
01:00 PM						
01:30 PM		Lane Swim 1:45-4 pm				
02:00 PM						
02:30 PM						
03:00 PM						
03:30 PM						
04:00 PM	Swim Lessons 4-7 pm	Swim Lessons 4-7:30 pm				
04:30 PM						
05:00 PM						
05:30 PM						
06:00 PM	Family Swim 7-8 pm	Lane Swim 7:30-9 pm				
06:30 PM						
07:00 PM						
07:30 PM						
08:00 PM						
08:30 PM						
09:00 PM						
09:30 PM						
10:00 PM						

THURSDAY						
	Leisure Pool	Main Pool				
		20 m	23 m	25 m	25 m	25 m
6:00 AM		Rental 6-7:30 am				
6:30 AM						
7:00 AM						
7:30 AM		Lane Swim 7:15-8:45 am				
8:00 AM						
8:30 AM						
9:00 AM		AquaFit 9-9:45 am				
9:30 AM						
10:00 AM	Parent + Tot 10-10:30 am	Lane Swim 9:45 am-4 pm				
10:30 AM	Family Swim 10:30 am-12 pm					
11:00 AM						
11:30 AM						
12:00 PM						
12:30 PM						
01:00 PM						
01:30 PM						
02:00 PM						
02:30 PM						
03:00 PM						
03:30 PM						
04:00 PM	Family Swim 4-8 pm	Private lesson bookings 4-7:30 pm		Swim Lessons 4-7:30 pm		Lane Swim 4-9 pm
04:30 PM						
05:00 PM						
05:30 PM						
06:00 PM						
06:30 PM						
07:00 PM						
07:30 PM						
08:00 PM	Adult Lessons 7:30-8:15 pm					
08:30 PM						
09:00 PM	Lane Swim 8:15-9 pm					
09:30 PM						
10:00 PM						

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FRIDAY						
	Leisure Pool	Main Pool				
		20 m	23 m	25 m	25 m	25 m
6:00 AM						
6:30 AM						
7:00 AM		Lane Swim 6:30-8:45 am				
7:30 AM						
8:00 AM						
8:30 AM						
9:00 AM		AquaFit 9-9:45 am				
9:30 AM						
10:00 AM		Lane Swim 9:45 am-4 pm				
10:30 AM						
11:00 AM						
11:30 AM						
12:00 PM						
12:30 PM						
01:00 PM						
01:30 PM						
02:00 PM						
02:30 PM						
03:00 PM						
03:30 PM						
04:00 PM	Swim Lessons 4-7 pm					
04:30 PM						
05:00 PM						
05:30 PM						
06:00 PM						
06:30 PM						
07:00 PM	Family Swim 7-8 pm	Adult Swim Lessons 7:30-8:15pm				Lane Swim 7:30-8 pm
07:30 PM						
08:00 PM		Lane Swim 8-9 pm				
08:30 PM						
09:00 PM						
09:30 PM						
10:00 PM						

SATURDAY						
	Leisure Pool	Main Pool				
		20 m	23 m	25 m	25 m	25 m
8:00 AM		AquaZumba 8-8:45 am				
8:30 AM						
9:00 AM		Swim Lessons 9 am-12:15 pm				
9:30 AM						
10:00 AM						
10:30 AM						
11:00 AM						
11:30 AM						
12:00 PM		Swim Lessons 9 am-1 pm				
12:30 PM						
01:00 PM						
01:30 PM	Family Swim 12:15-3 pm					
02:00 PM						
02:30 PM						
03:00 PM						
03:30 PM						
04:00 PM						

SUNDAY						
	Leisure Pool	Main Pool				
		20 m	23 m	25 m	25 m	25 m
8:00 AM		Lane Swim 8-9 am				
8:30 AM						
9:00 AM	Family Swim 9 am-3pm	Swim Lessons 9 am-12:30 pm	Private Lesson Bookings 9 am-12:30 pm	Lane Swim 9 am-3pm		
9:30 AM						
10:00 AM						
10:30 AM						
11:00 AM						
11:30 AM		Private Lesson Bookings 12:30-4 pm				
12:00 PM						
12:30 PM						
01:00 PM						
01:30 PM						
02:00 PM	Lane Swim 3-4 pm					
02:30 PM						
03:00 PM						
03:30 PM						
04:00 PM						