

Pool Schedule

Spring/Summer Interim: June 15-June 28

Please be advised that the Leisure Pool will be closed for Renovations

Building Hours:

Monday - Friday 5:30am-9:30pm

Saturday & Sunday 8am-6pm

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Lane Swim 6:00-8:50am	Lane Swim 6:00am-8:00am	Lane Swim 6:00-8:50am	Lane Swim 6:00am-8:00am	Lane Swim 6:00-8:50am	LANE SWIM 8:00am-9:50am	LANE SWIM 8:00am-9:50am
Aquafit 9:00-9:45am		Aquafit 9:00-9:45am		Aquafit 9:00-9:45am		
Lane/Rec 9:50am-1:00pm	Lane/Rec 8:00am- 8:50am	Lane/Rec 9:50am-1:00pm	Lane/Rec Swim 8:00am-8:50am	Lane/Rec Swim 9:50am-3:00pm	REC SWIM 10:00am-3:00pm	REC SWIM 10:00am-3:00pm
MEMBERS ONLY LANE/REC 1:00PM-3:00PM	Aquafit 9:00am-9:45am	MEMBERS ONLY LANE/REC 1:00pm-3:00pm	Aquafit 9:00am-9:45am			
	Lane/Rec 9:50am-2:00pm		Lane/Rec 9:50am-2:00pm			
	Cardiac 2pm-3pm		Cardiac 2pm-3pm			
Lane Swim 3:05-4:20pm	Lane Swim 3:05-4:20pm	Lane Swim 3:05-4:20pm	Lane Swim 3:05-4:20pm	MEMBERS ONLY LANE/REC SPLIT 3:05-5:00pm		
Lane/Rec Swim 4:30-7:30pm	Swim Lessons 4:30-7:30pm (June 16)	Lane/Rec Swim 4:30-7:30pm	Lane/Rec Swim 4:30-7:30pm			
	Lane/Rec Swim 4:30-7:30pm (June 23)			Rec Swim 5:05-9:00pm	Birthday Party 3:00pm-5:30pm	Birthday Party 3:00pm-5:30pm
Aquafit 7:45-8:30pm		Aquafit 7:45-8:30pm	Rec Swim 7:35-9:00pm			
Rec Swim 8:35-9:00pm	Rec Swim 7:35-9:00pm	Rec Swim 8:35-9:00pm				

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Lane Swim: Open to all lap swimmers. Go at your own pace with fast, medium, and slow lanes in our 20m Lap Pool. We ask participants to circle swim when necessary.

Rec Swim: Relax and play in the Leisure Pool with your family and friends!

Lane/Rec Swim: During this shared-pool swim, there are two designated areas, one for rec and one for lane swimming.

Aqua Fit is a high-energy, low-impact water workout that combines cardio, strength, and flexibility training in a fun and supportive aquatic environment. Perfect for all fitness levels, this class uses the natural resistance of water to tone muscles, improve endurance, and boost overall fitness—all while being easy on the joints. Set to motivating music and led by a certified instructor, Aqua Fit is a refreshing way to stay active, burn calories, and build strength without the strain of land-based workouts. No swimming skills require

Aqua Lite is a gentle, low-impact water fitness class designed for all fitness levels—especially beginners, older adults, and those recovering from injury or with mobility concerns. Set in the shallow end of the pool, this class uses the natural resistance of water to improve cardiovascular health, flexibility, and strength while reducing stress on joints. Enjoy upbeat music, friendly instruction, and a welcoming environment that makes fitness fun, safe, and effective. No swimming skills required.

Swim Lessons: Register for swim lessons and see improvement in skill and fitness. Lessons are available to all ages and stages. We offer group, private, and semi-private lessons that run 8-10 weeks. You are also welcome to register through the session on a pro-rated basis.

Adult Lessons: If you are looking to learn better technique, or if you want to learn to swim from the beginning, one of our YMCA Swim Instructors will help you progress in the pool. Available for members only, ages 13+ years. Currently offering levels 1 and 3.

Level 1: For beginners looking to become comfortable in the water.

Level 2: Must be able to swim one full length of the pool. The purpose of this class is to improve strokes.

Level 3: Should be comfortable swimming 200 meters and looking to improve speed and efficiency.

Junior Lifeguard Club (JLC): Perfect for youth 10-13 years of age who thrive in an energetic learning environment. JLC keeps youth active in aquatics and helps to develop leadership in those aspiring to become lifeguards. The main program criteria will be based on the Bronze Star Program.

Advanced Aquatics: This time is reserved for lifeguarding courses such as Bronze Medallion, Bronze Cross, National Lifeguard, and Swim Instructors.

CHILDMINDING HOURS

Drop the kids off and enjoy some YOU time:
Ages 3m-5y and Youth Drop In (6-12y) Combo

AM – Monday- Friday 9:00am-1:00pm

PM – Tuesday & Thursday 4:30pm-7:30pm

All children must be pre-registered online before arriving at the YMCA for Drop-In services.

Please note that both the child and their parent/guardian must be active YMCA members to access this service.

For the health and safety of all participants, children who are ill, unable to attend school due to illness, or who have a fever will not be allowed in the childminding area