

# Pool Schedule

Summer Session: June 29, 2026- September 6, 2026  
Please be advised that the Leisure Pool will be closed for Renovations

Building Hours:  
Monday - Thursday 5:30am-9pm  
Friday 5:30am- 8pm  
Saturday & Sunday 8am-4pm

\*Weeks of July 20<sup>th</sup>, 27<sup>th</sup>, August 10<sup>th</sup> and 24<sup>th</sup>, no lanes will be available during 10am-11am

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Lane Swim 6:00am-8:50am	Lane Swim 6:00am-8:50am	Lane Swim 6:00am-8:50am	Lane Swim 6:00am-8:50am	Lane Swim 6:00am-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	Aquafit 9:00-9:45am	Aquafit 9:00-9:45am	REC SWIM 10:00am-2:00pm	REC SWIM 10:00am-2:00pm
10am-11am Daycamp Swim *2 lanes available for lane swimming	10am-11am Daycamp Swim *2 lanes available for lane swimming	10am-11am Daycamp Swim *2 lanes available for lane swimming	10am-11am Daycamp Swim *2 lanes available for lane swimming	10am-11am Daycamp Swim *2 lanes available for lane swimming		
REC Swim 11am-12pm *1 lane available	REC Swim 11am-12pm *1 lane available	REC Swim 11am-12pm *1 lane available	REC Swim 11am-12pm *1 lane available	REC Swim 11am-1pm *1 lane available		
Cardiac Rehab + Lane Swimming 12pm-12:45pm	Aqualite + Lane Swimming 12pm-12:45pm	Cardiac Rehab + Lane Swimming 12pm-12:45pm	Aqualite + Lane Swimming 12pm-12:45pm			
Daycamp Swim 1pm-3:30pm	Daycamp Swim 1pm-3:30pm	Daycamp Swim 1pm-3:30pm	Daycamp Swim 1pm-3:30pm	Daycamp Swim 1pm-3:30pm	Birthday Party 2pm-3pm	Birthday Party 2pm-3pm
Rec Swim 3:45pm- 4:25pm *2 Lanes available	Rec Swim 3:45pm- 4:25pm *2 Lanes available	Rec Swim 3:45pm- 4:25pm *2 Lanes available	Rec Swim 3:45pm- 4:25pm *2 Lanes available	Rec Swim 4pm- 7:30pm *1 Lanes available		
Swim Lessons 4:30pm-7:45pm	Swim Lessons 4:30pm-7:45pm	Swim Lessons 4:30pm-7:45pm	Swim Lessons 4:30pm-7:45pm			
Aquafit 7:45pm-8:30pm	Rec Swim 7:45pm-8:30pm	Aquafit 7:45pm-8:30pm	Rec Swim 7:45pm-8:30pm			



Shine On

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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