

MAIN POOL SCHEDULE

Effective: January 28, 2024 to April 7, 2024

Updated 01/19/2023



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

11:45am-12:45pm
Reserved
(YMCA Booked
Events)

1:00pm-3:00pm
Family Swim

6:00am-7:30am
Reserved
(Soo Y Dolphins)

7:35am-8:45am
Swim Fit

9:15am-10:15am
Aquafit

10:30am-11:45am
Activity Swim
(1 Lane)

12:00pm-1:00pm
Endurance Swim

1:15pm-2:15pm
Special
Reservations

4:00pm-5:30pm
Reserved
(Soo Y Dolphins)

5:30pm-7:15pm
Activity Swim
(1 Lane)

7:30pm-8:30pm
Underwater Hockey

9:15am-10:15am
Aquafit

10:30am-11:45am
Activity Swim
(1 Lane)

12:00pm-1:00pm
Endurance Swim

4:30pm-7:00pm
Swim Lessons

7:30pm-8:30pm
Endurance Swim

6:00am-7:30am
Reserved
(Soo Y Dolphins)

7:35am-8:45am
Swim Fit

9:15am-10:15am
Aquafit

10:30am-11:45am
Activity Swim
(1 Lane)

12:00pm-1:00pm
Endurance Swim

4:00pm-5:00pm
Reserved
(Soo Y Dolphins)

5:00pm-7:00pm
Swim Lessons

7:30pm-8:30pm
Activity Swim
(1 Lane)

9:15am-10:15am
Aquafit

10:30am-11:45am
Activity Swim
(1 Lane)

12:00pm-1:00pm
Endurance Swim

4:30pm-7:00pm
Swim Lessons

7:30pm-8:30pm
Endurance Swim

9:15am-10:15am
Aquafit

10:30am-11:45am
Activity Swim
(1 Lane)

12:00pm-1:00pm
Endurance Swim

1:15pm-2:15pm
Special
Reservations

4:00pm-5:00pm
Reserved
(Soo Y Dolphins)

5:00pm-6:00pm
Lifesaving Club

6:30pm-8:30pm
Family Swim

8:00am-9:30am
Reserved
(Soo Y Dolphins)

9:35am-10:35am
Swim Fit

10:45am-12:30pm
Swim Lessons

1:00pm-3:00pm
Family Swim

Unless otherwise noted, the Main Pool and Leisure Pool are CLOSED during any time periods not noted in this schedule.

Activity Swim (1 Lane): One Lane is available for laps; the rest of the pool is free for all activities

LEISURE POOL SCHEDULE

Effective: January 28, 2024 to April 7, 2024

Updated 01/19/2024



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

11:45am-12:45pm

Reserved
(YMCA Booked
Events)

1:00pm-3:00pm

Family Swim

9:15am-10:00am

Adult Therapeutic

10:00am-11:00am

Little Kiddles

11:15am-12:00pm

Aqua ROM

12:00pm-1:00pm

Adult Therapeutic

1:15pm-2:15pm

**Special
Reservations**

5:30pm-8:30pm

Open Swim

9:15am-10:00am

Adult Therapeutic

10:00am-11:00am

YMCA Childcare

11:15am-12:00pm

Aqua ROM

12:00pm-1:00pm

Adult Therapeutic

4:30pm-7:00pm

Swim Lessons

7:30pm-8:30pm

Open Swim

9:15am-10:00am

Adult Therapeutic

10:00am-11:00am

Little Kiddles

11:15am-12:00pm

Aqua ROM

12:00pm-1:00pm

Adult Therapeutic

4:30pm-7:00pm

Swim Lessons

7:30pm-8:30pm

Open Swim

9:15am-10:00am

Adult Therapeutic

10:00am-11:00am

Little Kiddles

11:15am-12:00pm

Aqua ROM

12:00pm-1:00pm

Adult Therapeutic

4:30pm-7:00pm

Swim Lessons

7:30pm-8:30pm

Open Swim

9:15am-10:00am

Adult Therapeutic

10:00am-11:00am

Little Kiddles

11:15am-12:00pm

Aqua ROM

12:00pm-1:00pm

Adult Therapeutic

1:15pm-2:15pm

**Special
Reservations**

6:30pm-8:30pm

Family Swim

10:45am-12:30pm

Swim Lessons

1:00pm-3:00pm

Family Swim

Activity Swim (1 Lane)

Activity Swim (1 Lane): One Lane is available for laps; the rest of the pool is free for all activities.

Endurance Swim

All lane ropes will be in the main pool during this swim. We ask that swimmers stay 2 to a lane and conclude your swim after 30mins if there are others waiting for a spot.

Little Kiddles

This time slot is intended for caregivers bringing babies and toddlers to the pool. Small bath toys, lifejackets, and floating mats will be available. We ask that other swimmers stay clear at this time so that little ones can explore the pool in a non-threatening environment. *Please note that the leisure pool is kept at a higher chlorine level than the main pool and may be very irritating to youngsters eyes. Although breastfeeding is permitted in the pool, we recommend sitting on the edge to avoid infant ingestion of chlorine and other strong chemicals.*

Swim Fit

This activity is open to those who enjoy a fast-paced lane swim, to prepare for competition or work on cardio. All lane ropes will be in the main pool and swimmers should be prepared to share those tight spaces 3 or 4 to a lane. As former competitors, our guards will be happy to post suggested workouts and assist with your stroke efficiency.

Adult Therapeutic

Running adjacent to other activities in the main pool, this time in the leisure pool is intended for mature members who prefer to swim or do exercise in warm water. Toys and games are not permitted at this time.

Underwater Hockey

Just like it sounds, this is a hockey game played at the bottom of the pool with small sticks, snorkels and flippers. All members are welcome to come out and join the team, so long as they are comfortable in the deep end. Communal equipment is available at the guard office. Be prepared for a great workout and lots of fun!