

MAIN POOL SCHEDULE

Effective: July 2, 2024 to August 31, 2024

Updated 06/12/2024



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

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

1:00pm-3:00pm
Family Swim

9:15am-10:15am
Aquafit

10:30am-11:00am
Reserved
(Summer Day Camps)

11:15am-12:00pm
Activity Swim
(2 Lane)

12:15pm-1:15pm
Reserved
(Summer Day Camps)

1:15pm-3:15pm
Reserved
(Swimming Lessons)

5:30pm-7:15pm
Endurance Swim

7:30pm-8:30pm
Underwater Hockey

9:15am-10:15am
Aquafit

10:30am-11:00am
Reserved
(Summer Day Camps)

11:15am-12:00pm
Activity Swim
(2 Lane)

12:15pm-1:15pm
Reserved
(Summer Day Camps)

1:15pm-3:15pm
Reserved
(Swimming Lessons)

5:00pm-8:00pm
Activity Swim
(2 Lane)

9:15am-10:15am
Aquafit

10:30am-11:00am
Reserved
(Summer Day Camps)

11:15am-12:00pm
Activity Swim
(2 Lane)

12:15pm-1:15pm
Reserved
(Summer Day Camps)

1:15pm-3:15pm
Reserved
(Swimming Lessons)

5:00pm-8:00pm
Family Swim

9:15am-10:15am
Aquafit

10:30am-11:00am
Reserved
(Summer Day Camps)

11:15am-12:00pm
Activity Swim
(2 Lane)

12:15pm-1:15pm
Reserved
(Summer Day Camps)

1:15pm-3:15pm
Reserved
(Swimming Lessons)

5:00pm-8:00pm
Activity Swim
(2 Lane)

9:15am-10:15am
Aquafit

10:30am-11:00am
Reserved
(Summer Day Camps)

11:15am-12:00pm
Activity Swim
(2 Lane)

12:15pm-1:15pm
Reserved
(Summer Day Camps)

1:15pm-3:15pm
Reserved
(Swimming Lessons)

5:00pm-8:00pm
Family Swim

SPECIAL DATES

Friday, July 26

Reserved

4:30pm-6:00pm

Sensory Swim

Friday, August 30

Reserved

4:30pm-6:00pm

Sensory Swim

10:00am-11:00am
Endurance Swim

11:00am-2:00pm
Family Swim

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

LEISURE POOL SCHEDULE

Effective: July 2, 2024 to August 31, 2024

Updated 06/12/2024



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

10:30am-11:00am
Reserved
(Summer Day Camps)

11:15am-12:00pm
Aqua ROM

12:15pm-1:15pm
Reserved
(Summer Day Camps)

1:15pm-3:15pm
Reserved
(Swimming Lessons)

5:00pm-8:30pm
Open Swim

9:15am-10:00am
Adult Therapeutic

10:30am-11:00am
Reserved
(Summer Day Camps)

11:15am-12:00pm
Aqua ROM

12:15pm-1:15pm
Reserved
(Summer Day Camps)

1:15pm-3:15pm
Reserved
(Swimming Lessons)

5:00pm-7:00pm
Open Swim

9:15am-10:00am
Adult Therapeutic

10:30am-11:00am
Reserved
(Summer Day Camps)

11:15am-12:00pm
Aqua ROM

12:15pm-1:15pm
Reserved
(Summer Day Camps)

1:15pm-3:15pm
Reserved
(Swimming Lessons)

5:00pm-7:00pm
Family Swim

9:15am-10:00am
Adult Therapeutic

10:30am-11:00am
Reserved
(Summer Day Camps)

11:15am-12:00pm
Aqua ROM

12:15pm-1:15pm
Reserved
(Summer Day Camps)

1:15pm-3:15pm
Reserved
(Swimming Lessons)

5:00pm-7:00pm
Open Swim

9:15am-10:00am
Adult Therapeutic

10:30am-11:00am
Reserved
(Summer Day Camps)

11:15am-12:00pm
Aqua ROM

12:15pm-1:15pm
Reserved
(Summer Day Camps)

1:15pm-3:15pm
Reserved
(Swimming Lessons)

5:00pm-7:00pm
Family Swim

11:00am-2:00pm
Family Swim

SPECIAL DATES
Friday, July 26
Reserved
4:30pm-6:00pm
Sensory Swim
Friday, August 30
Reserved
4:30pm-6:00pm
Sensory Swim

Activity Swim (2 Lane)

Activity Swim (2 Lane): Two Lanes are 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.*

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!