

MAIN POOL

FALL 2026



MON	TUES	WED	THUR	FRI	SAT	SUN
7am-12:00pm Open Swim Lap Lanes Open Pirate Ship Closed	7am-8am Open Swim Lap Lanes Open Pirate Ship Closed 8am-10am Water Aerobics 1st class: 8am-8:45am 2nd class: 9am-10am 10am-12pm Open Swim Lap Lanes Opned Pirate Ship Closed 12pm-1pm Open Swim Lap Lanes Closed Pirate Ship Open	7am-12:00pm Open Swim Lap Lanes Open Pirate Ship Closed 12pm-1:00pm Open Swim Pirate Ship Open Lap Lanes Closed	7am-8am Open Swim Lap Lanes Open Pirate Ship Closed 8am-10am Water Aerobics 1st class: 8am-8:45am 2nd class: 9am-10am 12pm-1pm Open Swim Lap Lanes Closed Pirate Ship Open	7am-7:45am Open Swim Lap Lanes Open Pirate Ship Closed 9am-10am Water Aerobics Participants only 9am-10am Swim Lessons Limited Features 10:00am-4:30pm Open Swim Lap Lanes Open (10am-11am) Pirate Ship Open	8am-9:35am Open Swim Lap Lanes Open Pirate Ship Closed 9:40am-11am Swim Lessons Closed 11am-12pm Open Swim Pirate Ship Open Lap Lanes Closed 12am-3:30pm Open Swim All Features//No Lap Lanes	12:00pm-3:30pm Open Swim All Features//No Lap Lanes
12pm-1:00pm Open Swim Pirate Ship Open Lap Lanes Closed 1:00pm-4:30pm MAINTENANCE 4:30pm-5:45pm Open Swim Lap Lanes Open Pirate Ship Closed 6pm-7pm Water Aerobics Participants only 7pm-8pm Open Swim Lap Lanes Open Pirate Ship Closed	1:00pm-4:30pm MAINTENANCE 4:30pm-5:45pm Open Swim Pirate Ship Open Lap Lanes Closed 6pm-7pm Swim Lessons Closed 7pm-8pm Open Swim Lap Lanes Open Pirate Ship Closed	1:00pm-4:30pm MAINTENANCE 4:30pm-8pm Open Swim Lap Lanes Open Pirate Ship Closes @ 7pm	1:00pm-4:30pm MAINTENANCE 4:30pm-5:45pm Open Swim Pirate Ship Open Lap Lanes Closed 6pm-7pm Swim Lessons Closed 7pm-8pm Open Swim Lap Lanes Open Pirate Ship Closed	 6pm-7:30pm Open Swim Lap Lanes Open Pirate Ship Closed		

Safety Breaks

*Scheduled 15-min safety breaks will occur

8:45am **3:45pm**
11:45am **5:45pm**
1:45pm

Pool GroupEx

Mondays - Water Aerobics @ 6pm with Monika [Main Pool]
Tues/Thurs - Water Aerobics @ 8am & 9am with Bobbi [Main Pool]
Wednesdays - Aqua Tone @ 11am with Monika [Therapy Pool]
 *Aqua Zumba @ 6pm with Janessa [Therapy Pool]
 Water Aerobics @ 6pm with Mindy [Therapy Pool]
Fridays - Water Aerobics @ 9am with Monika [Main Pool]

*Aqua Zumba will only be held the first Wednesday of the month.

Please note: Schedule is subject to change; YMCA Lifeguards/Staff may change the schedule dependent on facility usage and staffing.

THERAPY POOL

FALL 2026



MON	TUES	WED	THUR	FRI	SAT	SUN
7am-1pm Adult Swim 1pm-2:30pm Parkview Medical Rehabilitation CLOSED 1pm-4:30pm MAINTENANCE 4:30pm-8pm Adult Swim	7am-9:45am Adult Swim 9:45am-11:15am Parkview Medical Rehabilitation CLOSED 11:15am-1pm Adult Swim 1pm-4:30pm MAINTENANCE 4:30pm-5:45pm Swim Lessons CLOSED 6pm-8pm Adult Swim	7am-10:45am Adult Swim 11am-11:45am Aqua Tone PARTICIPANTS ONLY 12:00pm-1pm Adult Swim 1pm-2:30pm Parkview Medical Rehabilitation CLOSED 2:30pm-4:30pm MAINTENANCE 4:30pm-5:45pm Adult Swim 6pm-7pm Aqua Zumba/Water Aerobics PARTICIPANTS ONLY 7:00pm-8pm Adult Swim	7am-9:45am Adult Swim 9:45am-11:15am Parkview Medical Rehabilitation CLOSED 11:15am-1pm Adult Swim 1pm-4:30pm MAINTENANCE 4:30pm-5:45pm Swim Lessons CLOSED 6pm-8pm Adult Swim	7am-4pm Adult Swim 4pm-4:30pm Swim Lessons CLOSED 4:30pm-7:30pm Adult Swim 5pm-7:30pm Youth Welcome AGES 8 & UNDER W/ A GUARDIAN	8am-9:30am Swim Lessons CLOSED 9:35am-3:30pm Adult Swim	12:00pm-3:30pm Adult Swim

Safety Breaks

*Scheduled 15-min safety breaks will occur daily.

8:45am
11:45am
1:45pm

3:45pm
5:45pm