

MAIN POOL

S U M M E R 2 0 2 6



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

Safety Breaks

*Scheduled 15-min safety breaks will occur

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

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 @ 8am 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

S U M M E R 2 0 2 6



MON	TUES	WED	THUR	FRI	SAT	SUN
7am–1:00pm Adult Swim 1pm–2:30pm Parkview Medical Rehabilitation CLOSED 2:30pm–8pm Adult Swim	7am–9:45am Adult Swim 9:45am–11:15am Parkview Medical Rehabilitation CLOSED 11:15am–2:30pm Adult Swim 2:30pm–4:30pm MAINTENANCE 4:30pm–5:45pm Swim Lessons CLOSED 6pm–8pm Adult Swim	7am–11:00am Adult Swim 11am–11:45am Aqua Tone PARTICIPANTS ONLY 12:00pm–1pm Adult Swim 1pm–2:30pm Parkview Medical Rehabilitation CLOSED 2:30pm–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–2:30pm Adult Swim 2:30pm–4:30pm MAINTENANCE 4:30pm–5:45pm Swim Lessons CLOSED 6pm–8pm Adult Swim	7am–3:45pm Adult Swim 4pm–4:30pm Swim Lessons CLOSED 4:30pm–7:30pm Open Swim 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