

# MAIN POOL

## S U M M E R 2 0 2 6



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

### 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 @ 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.

# THE THERAPY POOL

## S U M M E R 2 0 2 6



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

### Safety Breaks

\*Scheduled 15-min safety breaks will occur daily.

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