

MAIN POOL

JULY 2025



MON	TUES	WED	THUR	FRI	SAT	SUN
7am-8am Open Swim Lap Lanes Open Pirate Ship Closed	7am-8am Open Swim Lap Lanes Open Pirate Ship Closed	7am-8am Open Swim Lap Lanes Open Pirate Ship Closed	7am-8am Open Swim Lap Lanes Open Pirate Ship Closed	7am-7:45am Open Swim Lap Lanes Open Pirate Ship Closed	8am-10:20am Open Swim Lap Lanes Open Pirate Ship Closed	Closed
8:15am-11am Swim Lessons Limited Features	8am-11am Water Fitness 1st class: 8am-8:45am 2nd class: 9am-10am Swim Lessons	8:15am-11am Swim Lessons Limited Features	8am-10am Water Fitness 1st class: 8am-8:45am 2nd class: 9am-10am	8am-8:45am Water Fitness Participants only	10:20am-11am Swim Lessons	
11am-3pm Open Swim Pirate Ship Open Lap Lanes Closed	11am-4pm Open Swim Pirate Ship Open Lap Lanes Closed	11am-3pm Open Swim Pirate Ship Open Lap Lanes Closed	8:15am-11am Swim Lessons Limited Features	9am-10am Swim Lessons Limited Features	11am-3:30pm Open Swim All Features // No Lap Lanes	
3pm-4:30pm MAINTENANCE		3pm-4:30pm MAINTENANCE	11am-4pm Open Swim Pirate Ship Open Lap Lanes Closed	10:00am-11am Open Swim Lap Lanes Open Pirate Ship Open		
4:30pm-5:45pm Open Swim Lap Lanes Open Pirate Ship Closed	4pm-6pm Open Swim Pirate Ship Closed Lap Lanes Open	4:30pm-5:45pm Open Swim Lap Lanes Open Pirate Ship Closed	4pm-6pm Open Swim Pirate Ship Closed Lap Lanes Open	11am-4pm Open Swim Pirate Ship Open Lap Lanes Closed		
6pm-7pm Water Fitness Participants only	6pm-7pm Swim Lessons Limited Features	6pm-7pm POWERSwim Participants only Lap Lanes Area	6pm-7pm Swim Lessons	4pm-5pm Open Swim Pirate Ship Closed Lap Lanes Open		
7pm-8pm Open Swim Lap Lanes Open Pirate Ship Closed	7pm-8pm Open Swim Lap Lanes Open Pirate Ship Closed	6pm-8pm Open Swim Lap Lanes Open Pirate Ship Closed	7pm-8pm Open Swim Lap Lanes Open Pirate Ship Closed	4:30pm-5:30pm Swim Lessons Limited Features		
				6pm-8pm Open Swim Lap Lanes Open Pirate Ship Closed		

Safety Breaks

*Scheduled 15-min safety breaks will occur

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

3:45pm
5:45pm

Pool GroupEx

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

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

THERAPY POOL

JULY 2025



MON

TUES

WED

THUR

FRI

SAT

SUN

7am-1pm
Adult Swim

Safety breaks @ 8:45am
& 11:45am

1pm-2:30pm
Parkview Medical
Rehabilitation

CLOSED

2:30pm-4:30pm
MAINTENANCE

4:30pm-8pm
Adult Swim

Safety break @ 5:45pm

7am-9:45am
Adult Swim

Safety break @ 8:45am

9:45am-11:15am
Parkview Medical
Rehabilitation

CLOSED

11:15am-4:15pm
Adult Swim

Safety break @ 11:45am,
1:45pm, & 3:45

4:30pm-5:45pm
Swim Lessons

CLOSED

6pm-8pm
Adult Swim

7am-10:45am
Adult Swim

Safety break @ 8:45am

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

PARTICIPANTS ONLY

7:00pm-8pm
Adult Swim

7am-9:45am
Adult Swim

Safety break @ 8:45am

9:45am-11:15am
Parkview Medical
Rehabilitation

CLOSED

11:15am-4:15pm
Adult Swim

Safety break @ 11:45am,
1:45pm, & 3:45

4:30pm-5:45pm
Swim Lessons

CLOSED

6pm-8pm
Adult Swim

7am-8pm
Adult Swim

Safety breaks @ 8:45am,
11:45am, 1:45pm, 3:45pm,
5:45pm

5pm-8pm
Youth

Welcome

AGES 8 & UNDER W/
A GUARDIAN

Safety break @ 5:45pm

8am-8:45am
Adult Swim

9am-10:10am
Swim Lessons

CLOSED

10:15am-3:30pm

Adult Swim

Safety breaks @ 11:45am
& 1:45pm

Closed

Safety Breaks

*Scheduled 15-min safety breaks will occur daily.

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

3:45pm
5:45pm