

MAIN POOL

J U N E 2 0 2 5



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

Safety Breaks

*Scheduled 15-min safety breaks will occur

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

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 Janique [Therapy Pool]
	PowerSwim @ 6pm	with Josh [Lap Lanes]
	Aqua Zumba @ 6pm	with Janessa [Therapy Pool]
Fridays -	Water Fitness @ 8am	with Janique [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

J U N E 2 0 2 5



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-4pm
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

7:05pm-8pm
Adult Swim

7am-9:45am
Adult Swim

Safety break @ 8:45am

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

CLOSED

11:15am-4pm
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
Toddlers

Welcome

AGES 5 & 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