

# MAIN POOL



S E P T E M B E R 2 0 2 5

MON	TUES	WED	THUR	FRI	SAT	SUN
<b>7am-12pm</b> <b>Open Swim</b> Lap Lanes Open Pirate Ship Closed	<b>7am-8am</b> <b>Open Swim</b> Lap Lanes Open Pirate Ship Closed	<b>7am-12pm</b> <b>Open Swim</b> Lap Lanes Open Pirate Ship Closed	<b>7am-8am</b> <b>Open Swim</b> Lap Lanes Open Pirate Ship Closed	<b>7am-7:45am</b> <b>Open Swim</b> Lap Lanes Open Pirate Ship Closed	<b>8am-10:20am</b> <b>Open Swim</b> Lap Lanes Open Pirate Ship Closed	<b>12:00pm-3:30pm</b> <b>Open Swim</b> All Features//No Lap Lanes
<b>12pm-1pm</b> <b>Open Swim</b> Pirate Ship Open Lap Lanes Closed	<b>8am-10am</b> <b>Water Fitness</b> 1st class: 8am-8:45am 2nd class: 9am-10am	<b>12pm-1pm</b> <b>Open Swim</b> Pirate Ship Open Lap Lanes Closed	<b>8am-10am</b> <b>Water Fitness</b> 1st class: 8am-8:45am 2nd class: 9am-10am	<b>8am-8:45am</b> <b>Water Fitness</b> Participants only	<b>10:20am-11am</b> <b>Swim Lessons</b>	
<b>1pm-4:30pm</b> <b>MAINTENANCE</b>	<b>10am-12pm</b> <b>Open Swim</b> Lap Lanes Open Pirate Ship Closed	<b>1pm-4:30pm</b> <b>MAINTENANCE</b>	<b>10am-12pm</b> <b>Open Swim</b> Lap Lanes Open Pirate Ship Closed	<b>9am-10am</b> <b>Swim Lessons</b> Limited Features	<b>11am-3:30pm</b> <b>Open Swim</b> All Features // No Lap Lanes	
<b>4:30pm-5:45pm</b> <b>Open Swim</b> Lap Lanes Open Pirate Ship Closed	<b>12pm-1pm</b> <b>Open Swim</b> Pirate Ship Open Lap Lanes Closed	<b>4:30pm-8pm</b> <b>Open Swim</b> Lap Lanes Open Pirate Ship Closed	<b>12pm-1pm</b> <b>Open Swim</b> Pirate Ship Open Lap Lanes Closed	<b>10:00am-4pm</b> <b>Open Swim</b> Lap Lanes Open (10am-11am) Pirate Ship Open		
<b>6pm-7pm</b> <b>Water Fitness</b> Participants only	<b>1pm-4:30pm</b> <b>MAINTENANCE</b>		<b>1pm-4:30pm</b> <b>MAINTENANCE</b>	<b>4pm-5pm</b> <b>Open Swim</b> Pirate Ship Closed Lap Lanes Open		
<b>7pm-8pm</b> <b>Open Swim</b> Lap Lanes Open Pirate Ship Closed	<b>4:30pm-5:45pm</b> <b>Open Swim</b> Pirate Ship Open Lap Lanes Closed		<b>4:30pm-5:45pm</b> <b>Open Swim</b> Pirate Ship Open Lap Lanes Closed	<b>4:30pm-5:30pm</b> <b>Swim Lessons</b> Limited Features		
	<b>6pm-7pm</b> <b>Swim Lessons</b> Closed		<b>6pm-7pm</b> <b>Swim Lessons</b> Closed	<b>6pm-7:30pm</b> <b>Open Swim</b> Lap Lanes Open Pirate Ship Closed		
	<b>7pm-8pm</b> <b>Open Swim</b> Lap Lanes Open Pirate Ship Closed		<b>7pm-8pm</b> <b>Open Swim</b> 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 Fitness @ 6pm	with Monika [Main Pool]
Tues/Thurs -	Water Fitness @ 8am & 9am	with Bobbi [Main Pool]
Wednesdays -	Aqua Tone @ 11am	with Janique [Therapy Pool]
	Aqua Zumba @ 6pm	with Janessa [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

## S E P T E M B E R 2 0 2 5



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

### Safety Breaks

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

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

3:45pm  
5:45pm