



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

DOWNTOWN YMCA

INDOOR POOL SCHEDULE

2024	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lap Swim	5:30am – 7pm	5:30am-7pm	5:30am-7pm	5:30am-7pm	5:30am-6pm	8am – 2pm	12-5pm
Open/Family Swim	11am – 7pm	11am – 7pm	11am – 7pm	11am – 7pm	11am – 6pm	8am-2pm	12-5pm
Aqua Aerobics		10-11am					
Private Swim Lessons	6pm-7pm (1 lane closed)	Please	see front	desk for	more	Information!	

This schedule is subject to change.