



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

PILOT FAMILY YMCA

INDOOR POOL SCHEDULE: JUNE 2025

Activity	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lap Swim	5 am – 6:00 am (NAVY 2 lanes) 5:00-8:30am (4 lanes) 9:30 am – 12 pm (4 lanes) 12 pm – 1 pm (LAP SWIM ONLY) 1 pm – 3:30 pm (4 lanes) 3 pm – 8:30 pm (2 lanes)	5 am – 8:30 am (LAP SWIM ONLY) 8:30 am – 12 pm (4 lanes) 12 pm – 1 pm (LAP SWIM ONLY) 1pm – 3:30 pm (4 lanes) 3:30pm – 6 pm (2 lanes) 6 – 8:30pm (4 lanes)	5 am – 8:30 am (LAP SWIM ONLY) 8:30-9:30am (1 lane) 9:30 am – 12 pm (4 lanes) 12 pm – 1 pm (LAP SWIM ONLY) 1 – 3:30pm (3 Lanes) 2 pm – 5 pm (NAVY 3 lanes) 3:30-6pm (3 lanes) 6-8:30pm (4 lanes)	5 am – 8:30 am (LAP SWIM ONLY) 8:30 am – 12 pm (4 lanes) 12pm – 1pm (LAP SWIM ONLY) 3:30 pm – 6pm (3 Lanes) 6 pm – 8:30 pm (4 lanes)	5 am – 8:30 am (LAP SWIM ONLY) 8:30 am – 9:30am (2 lanes) 9:30 am – 12 pm (4 lanes) 12pm – 1 pm (3 lanes NAVY) 12 pm – 1 pm (3 lanes) 1 – 6pm (4 lanes)	7am – 8:30am (LAP SWIM ONLY) 12 pm – 5:30 pm (3 lanes)	1pm – 5:30 pm (3 lanes)
Open/Family Swim	2pm – 3:30 pm 6 pm – 8:30 pm	1 – 3:30pm 6 – 8:30 pm	9:30 am – 12 pm 2 pm – 3:30 pm 6 – 8:30pm	8:30 am – 10 am 1 – 3:30 pm 6 – 8:30pm	9:30 am – 12 pm 2 pm – 6 pm	1 pm – 5:30pm	1pm – 5:30 pm
SPORTS & SPLASH		10am – 12pm		10am – 12pm			
Aqua Aerobics	8:30 am – 9:30 am		8:30 am – 9:30 am		8:30am- 9:30 am		
Aqua Hour	1 pm – 2 pm		1 pm – 2 pm		1 pm – 2 pm		
WaterPolo					6 – 8 pm		
SWIM LESSONS	8:30-12pm 3:30-6pm	8:30-12pm 3:30-6pm	8:30-12:30pm 3:30-6pm	8:30-12pm 3:30-6pm		8:45am – 1:00pm	

- Please share lap lanes. If lap lanes are full or unable to be shared, a **30-minute workout time will be enforced.**
- View our PDF schedule or mobile app for lane usage for activities and descriptions. **The schedule is subject to change & pool space is adjusted based on volume. During Group lessons, lap lane availability is limited; check the schedule for times & days to plan accordingly.**
- **NO Open/Free Swim during scheduled Water Aerobics, Aqua Hour, LFG class, or Lap Swim only times.**
- **SPORTS AND SPLASH** - will be Tuesday / Thursday
- **Group Lessons:** Registration for JULY swim lessons will open JUNE 12th for members and JUNE 15th for non-members
- **Private swim lessons** are subject to change throughout the day and will have access to use the lap lanes if needed.

Pilot Family YMCA

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