



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

DOWNTOWN YMCA

INDOOR POOL SCHEDULE

| 2025 | 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 | | 10-11am | | | |
| Private Swim Lessons | Please see | front desk | for more | information. | | | |
| | | | | | | | |
| September 1st – Labor Day Hours | 5:30am – 1:30pm | | | | | | |
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| Pool Closed: September 6th September 13th September 20th | | | | | | | |
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This schedule is subject to change.