

Downtown YMCA Winter Pool Schedule

*Updated 11/28/23

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
6-7a	Closed		Master Swim*	Masters Swim*	Swim Academy *		CLOSED	6-7a	
7-8a			Hydro	Aqua Blast		Shall. WF**		7-8a	
8-9a								Masters Swim*	8-9a
9-10a								Deep Water Fusion	9-10a
10-11a									10-11a
11-12p									11-12p
12-1p		Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	OPEN SWIM 12p-2p	12-1p
1-2p		Lap Swim						Lap Swim	1-2p
2-3p									2-3p
3-4p		Womans Only Swim							3-4p
4-5p		OPEN SWIM 4p - 6p	OPEN SWIM 4p - 6p	OPEN SWIM 4p - 6p	GROUP SWIM LESSON 5p - 7p**	OPEN SWIM 4p - 6p		4-5p	
5-6p							CLOSED	5-6p	
6-7p						CLOSED		6-7p	
7-8p		CLOSED	CLOSED	CLOSED	CLOSED			7-8p	

Winter Pool Hours

Sundays Closed Monday - Thursday 6a-7p Fridays 6a-6p Saturdays 7a-3p

Masters*	Swim Academy*	Group Swim Lessons*	Aqua Blast Weds 730-830	Deep Water Fusion Sat 915-10a	Shallow Water Fitness Fri 715-8		
Tues 6-7a	Thursday 6-7	Thurs 5:30-7p					
Weds 6-7a							
Sat 8-9a							