



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# DOWNTOWN YMCA

## INDOOR POOL SCHEDULE

| 2026                 | 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. |            |           |        |
|                      |              |            |            |              |            |           |        |
|                      |              |            |            |              |            |           |        |
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|                      |              |            |            |              |            |           |        |
|                      |              |            |            |              |            |           |        |
|                      |              |            |            |              |            |           |        |

This schedule is subject to change.