



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

CANSLER YMCA

INDOOR POOL SCHEDULE

January 2026	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lap Swim	5:30-10am 11am-6pm 7-8pm	5:30-10am 11am-8pm	5:30-10am 11am-5pm 6-8pm	5:30-10am 11am-6pm 7-8pm	5:30-10am 11am-8pm	8am-5pm	12-4pm
Open/Family Swim	11am-6pm 7-8pm	11am-8pm	11am-8pm	11am-8pm	11am-7pm	11am-5pm	12-4pm
Aqua Aerobics	10:05-11am 6:05-7pm	10:05-11am	10:05-11am	10:05-11am	10:05-11am		
Hydrorider		9-10am	9-10am	9-10am	7-8pm		
Private Swim Lessons	5:30-10am 11am-6pm 7-8pm	5:30-10am 11am-8pm	5:30-10am 11am-8pm	5:30-10am 11am-6pm 7-8pm	5:30-10am 11am-8pm	8am-5pm	12-4pm
Adult Swim Club				6:15pm-7pm			
Swim Clinic starting Jan 7th			11-11:45am 5-7pm				
Group Swim Lessons	4pm-6:15pm	4pm-6:15pm	4pm-6:15pm	4pm-6:15pm		8:30am-11:20am	
Pool Parties						12-4:30pm	2-4pm

- Please share lap lanes.
- Water aerobics takes up the whole pool. Lap lanes move over at 10am and move back at 11am.
- Hydrorider takes place in the slide well of the open swim area. You need water shoes for Hydrorider.
- Private swimming lessons can happen at any time EXCEPT during Water Aerobics and Adult Swim Club.
- This schedule is subject to change.
- There will be NO lap lanes available on Wednesdays from 5-6pm