



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.			

This schedule is subject to change.