



FOR YOUTH DEVELOPMENT®  
 FOR HEALTHY LIVING  
 FOR SOCIAL RESPONSIBILITY

# DOWNTOWN YMCA

## INDOOR POOL SCHEDULE

| 2026                        | Monday     | Tuesday    | Wednesday  | Thursday     | Friday     | Saturday                                 | Sunday   |
|-----------------------------|------------|------------|------------|--------------|------------|--|----------|
| <b>Lap Swim</b>             | 5:30am-7pm | 5:30am-7pm | 5:30am-7pm | 5:30am-7pm   | 5:30am-6pm | 8am-2pm                                  | 12pm-5pm |
| <b>Open/Family Swim</b>     | 11am-7pm   | 11am-7pm   | 11am-7pm   | 11am-7pm     | 11am-6pm   | 8am-2pm                                  | 12pm-5pm |
| <b>Aqua Aerobics</b>        |            | 10am-11am  |            | 10am-11am    |            |  |          |
| <b>Private Swim Lessons</b> | Please see | front desk | for more   | information. |            |  |          |
|                             |            |            |            |              |            |  |          |
|                             |            |            |            |              |            | <b>Closed:<br/>Saturday<br/>July 4th</b> |          |
|                             |            |            |            |              |            |  |          |
|                             |            |            |            |              |            |  |          |
|                             |            |            |            |              |            |  |          |
|                             |            |            |            |              |            |  |          |

This schedule is subject to change.