



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

CANSLER YMCA

INDOOR POOL SCHEDULE

October 2026	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lap Swim	5:30-10am 11am-6:15pm 7-8pm	5:30-10am 11am-8pm	5:30-10am 11am-5:00pm 7:15-8:00pm	5:30-10am 11am-6:15pm 7-8pm	5:30-10am 11am-8pm	8am-5pm	12-4pm
Open/Family Swim	11am-6:15pm 7-8pm	11am-8pm	11am-8pm	11am-8pm	11am-6pm 7pm-8pm	11am-5pm	12-4pm
Aqua Aerobics	10:05-11am 6:15-7:15pm	10:05-11am	10:05-11am	10:05-11am	10:05-11am		
Hydrorider		9-10am	9-10am	9-10am	6-7pm		
Group swim lessons	4-6pm	4-6pm	4-6pm	4-6pm		8:30-11:55am	
Swim Clinic			11:00-11:45am 5-6pm 6:15-7:15pm				
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			
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.
- During group swim lessons, only 1-2 lap lanes will be available.
- There is NO lap swim on Wednesdays from 5-7:15pm!
- There is only ONE lap lane available on Wednesday from 11-11:45am!
- NO group lessons during Fall Break from Oct 5th-Oct 9th, swim clinic will still happen!