



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SUMMER POOL SCHEDULE 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SUNDAY
6:30–8:30 Lap Swim (6 Lanes)	7:00–7:30 Lap Swim (6 lanes)	7:00–8:30 Lap Swim (6 lanes)	7:00–7:30 Lap Swim (6 lanes)	7:00–8:30 Lap Swim (6 lanes)	
	7:30–8:30 Water Wellness: Low Impact Ex (4 lanes) Lap Swim (2 lanes)		7:30–8:30 Water Wellness: Low Impact Ex (4 lanes) Lap Swim (2 lanes)		
8:30–9:30 WaterinMotion®Platinum (5 lanes)	8:30–9:30 Deep Water EX (4 lanes)	8:30–9:30 WaterinMotion® Strength (5 lanes)	8:30–9:30 Aqua Yoga (4 lanes)	8:30–9:30 Shallow Surge (5 lanes)	
9:30–12pm Swim Lessons (3 lanes) 9:30–10:30 Swim Team (3 lanes) Deep End Open	9:30–12:00pm Swim Lessons (3 lanes) 9:30–12:00pm Family Swim (2 lanes) Deep End Open	9:30–12pm Swim Lessons (3 lanes) 9:30–10:30 Swim Team (3 lanes) Deep End Open	9:30–12:00pm Swim Lessons (3 lanes) 9:30–12:00pm Family Swim (2 lanes) Deep End Open	9:30–11:30am Swim Lessons (4 lanes) 9:30–11:30 Family Swim (2 lanes) Deep End Open	
10:30–12pm Family Swim (2 lanes)		10:30–12pm Family Swim (2 lanes)			
12:00pm–1:00pm Family Swim (3 lanes) Lap Swim (2 lanes)	12:00pm–1:00pm Family Swim (3 lanes) Lap Swim (2 lanes)	12:00pm–2:00 Family Swim (3 lanes) Lap Swim (2 lanes)	12:00pm–1:00 Family Swim (3 lanes) Lap Swim (2 lanes)	11:30–2pm Family Swim (3 lanes) Lap Swim (2 lanes)	1:30–2:30 Open Swim (4 lanes) Lap Swim (2 lanes)
1:00–4:30PM Camp Swim CLOSED TO PUBLIC	1:00–4:30 Camp Swim CLOSED TO PUBLIC	2:00–4:30 Camp Swim CLOSED TO PUBLIC	1:00–4:30 Camp Swim CLOSED TO PUBLIC	2:00–4:00 Camp Swim CLOSED TO PUBLIC	
4:30–5:30pm Open Swim (4 lanes) 4:30–6:00pm Lap Swim (2 lanes)	4:30–5:30pm Swim Team (3 lanes) Family Swim (2 lanes)	4:30–5:30pm Open Swim (4 lanes) 4:30–6:00pm Lap Swim (2 lanes)	4:30–5:30pm Swim Team (3 lanes) Family Swim (2 lanes)	4:00–5:00pm Open Swim (4 lanes) Lap Swim (2 lanes)	2:45–4:30 Family Swim (4 lanes) Lap Swim (2 lanes)
5:30–7:00pm Swim Lessons (3 lanes)	5:30–7:00pm Swim Lessons (3 lanes)	5:30–7:00pm Swim Lessons (3 lanes)	5:30–7:00pm Swim Lessons (3 lanes)	5:00–6:00pm Shallow Water Ex (3 lanes) Lap Swim (2 lanes)	4:30 Pool Closes 5:00 Building Closes
6:00–6:50pm WaterinMotion® Platinum (3 lanes)	5:30–7:00 pm Family Swim (2 lanes)	6:00–6:50 pm Shallow Water EX (3 lanes)	5:30–7:00 pm Family Swim (2 lanes)	6:00–7:00pm Family Swim (4 lanes) Lap Swim (2 lanes)	
7:00–8:00pm Family Swim (4 lanes) Lap Swim (2 lanes)	7:00–8:00pm Family Swim (4 lanes) Lap Swim (2 lanes)	7:00–8:00pm Family Swim (4 lanes) Lap Swim (2 lanes)	7:00–8:00pm Family Swim (4 lanes) Lap Swim (2 lanes)	7:00–8:00pm Family Swim (4 lanes) Lap Swim (2 lanes)	
8:00Pool Closes 8:30 Building Closes	8:00Pool Closes 8:30 Building Closes	8:00Pool Closes 8:30 Building Closes	8:00 Pool Closes 8:30 Building Closes	8:00 Pool Closes 8:30 Building Closes	

Please see back of schedule for full details



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DETAILS

GENERAL INFORMATION

– POOL IS CLOSED ON SATURDAYS

– Pool Schedule begins June 2nd and is subject to change.

– Water temperature is 84–86 degrees.

– Multiple activities may take place in the pool at the same time. Please be respectful of others while these activities are in progress.

– The number of lanes designated for each activity is noted on the schedule.

– **Lap Swim**—reserved for swimmers **16 & older** for continuous lap swimming or aquatic exercise. During Open or Family Swim, lap lanes may be requested if space allows and approved by the lifeguard. Refer to the schedule for lane availability. Lane sharing may be required during busy times. We appreciate your flexibility.

– **Open Swim**—Swimmers **12 & older** may participate without adult supervision. Lap lanes may be added upon request if space permits. **Please note: During Water Fitness classes, the pool is closed to Open and Family Swim.**

– **Family Swim**—Swimmers must be **16 & older** to swim without a parent/adult. Lap lanes may be put in upon request space permitting. **Please note: During Water Fitness classes, the pool is closed to Open and Family Swim.**

– Lifeguards are here for your safety and have final say on all matters; including rules, swim testing, and pool schedule.

SWIM TEST POLICY

At the Y, safety is our top priority. All swimmers 12 & under must complete a swim test. Those who do not take or do not pass the test must wear a coast guard approved life jacket and remain in the shallow end unless accompanied in the water by a responsible adult supervising that child. The responsible adult must be within arm's reach. Lifeguards have the authority to require any person, regardless of age or ability, to complete a swim test or wear a life jacket if deemed necessary. *Please see the detailed Swim Test Policy handout for full guidelines.*

WATER FITNESS

Water Wellness— Low Impact EX: A gentle, joint-friendly class designed for those seeking a slower pace and supportive environment. Ideal for older adults or anyone recovering from injury or dealing with limited mobility. This class focuses on water walking, light range-of-motion exercises, and optional gentle strengthening. No jumping or running—just soothing movement in the water to support rehabilitation and wellness.

WaterinMotion® Platinum: This energizing water workout is specially designed for anyone seeking a safe, low-impact cardio class. Platinum combines upbeat music with continuous movement to boost heart health, endurance, and coordination—all while being easy on the joints. You'll enjoy a full-body workout that keeps you moving, smiling, and strong, with the added benefits of improved balance and flexibility.

Deep Water EX: Take your workout to the deep end with this HIIT class designed to challenge your strength, stamina, and core—without impact on your joints. Participants perform powerful cardio bursts and strength-focused moves in deep water for a total-body workout that's as fun as it is effective. Great for those looking to push themselves in a joint-friendly environment.

WaterinMotion® Strength: Build muscle and boost endurance with Water in Motion® Strength, a high-energy resistance training workout held in the water. Using aquatic dumbbells and the water's natural resistance, this program targets all major muscle groups to improve strength, power, and posture—without impact on your joints. A great cross-training option for all fitness levels looking to tone up and stay strong.

Aqua Yoga: A gentle yet powerful practice that blends traditional yoga poses with the support and resistance of water. Aqua Yoga enhances flexibility, core strength, balance, and joint mobility—all in a soothing aquatic environment. Perfect for all fitness levels, this class offers flowing movements and mindful breathing to build both physical strength and inner calm. Experience the benefits of yoga without the strain on your joints.

Shallow Surge: Kick off your Friday with variety and energy in this rotating shallow water workout! Shallow Surge alternates weekly between Water in Motion®—a music-driven, full-body cardio class—and Aqua Tabata, a high-intensity interval workout designed to build strength and endurance. With different formats and instructors each week, you'll never get bored—and your body will thank you for the challenge. All fitness levels welcome!

Shallow Water EX: This gentle, low-impact class is designed to improve cardiovascular health while strengthening muscles and enhancing flexibility and balance. Ideal for all fitness levels, the supportive properties of the water make it perfect for those looking for a safe, effective workout to end the day feeling strong and refreshed.

Please Note: During Water Fitness classes, the pool is closed to Open and Family Swim. Classes may share space with swim lessons or lap swimmers.

POOL RENTALS

Pool rentals are available during open swim times on Fridays from 6:00–8:00 PM and Sundays from 2:00–4:00 PM. While rentals do not occur every Friday or Sunday, when scheduled, they may limit available space for members.