the YMCA

175 YEAR ANNIVERSARY

FALL POOL SCHEDULE

starts November 9, 2026

NEW

Monday	Tuesday	Wednesday	Thursday	Friday	Sunday
7:00-8:20AM Lap Swim (6 lanes)	6:45-7:20AM Lap Swim (6 lanes)	7:00-8:20AM Lap Swim (6 lanes)	6:45-7:20AM Lap Swim (6 lanes)	7:00-8:20AM Lap Swim (6 lanes)	
	7:20-8:30 Lap Swim (2 lanes) 7:30-8:30AM Water Wellness (4 lanes)		7:20-8:30 Lap Swim (2 lanes) 7:30-8:30AM Water Wellness (4 lanes)		
8:30-9:30AM WATERinMOTION Strength (4 lanes) 8:20-9:30 Lap Swim (2 lanes)	8:30-9:30AM WATERinMOTION Deep (4 lanes) 8:20-9:30 Lap Swim (2 lane)	8:30-9:30AM Shallow H20 EX (4 lanes) 8:20-9:20 Lap Swim (2 lanes)	8:30-9:30AM Aqua Yoga (4 lanes) 8:20-9:30 Lap Swim (2 lanes)	8:30-9:30AM Shallow H20 EX (4 lanes) 8:20-9:30 Lap Swim (2 lanes)	
9:30-11:30AM Swim Lessons (2 lanes) 9:30-1:30PM Family Swim (4 lanes) 11:30-1:30PM Lap Swim (2 lanes)	9:30-1:30PM Lap Swim (2 lanes) 9:30-1:30PM Family Swim (4 lanes)	9:30-11:30AM Swim Lessons (2 lanes) 9:30-1:30pm Family Swim (4 lanes) 11:30-1:30PM Lap Swim (2 lanes)	9:30-11:30AM Swim Lessons (3 lanes) 9:30-1:30pm Family Swim (3 lanes) 11:30-1:30PM Lap Swim (2 lanes)	9:30-1:30PM Lap Swim (2 lanes) 9:30-1:30pm Family Swim (4 lanes)	
POOL IS CLOSED 1:30-3:30PM	POOL IS CLOSED 1:30-3:30PM	POOL IS CLOSED 1:30-3:30PM	POOL IS CLOSED 1:30-3:30PM	POOL IS CLOSED 1:30-3:30PM	
3:30-4:30PM ACS SWIM TEAM (3 lanes) 4PM-4:30PM Mini Dolphins (3 lanes) program ends 11/18	3:30-4PM Lap Swim (3 lanes) 3:30-4PM Open Swim (3 lanes)	3:30-4:30PM ACS SWIM TEAM (3 lanes) 4PM-4:30PM Mini Dolphins (3 lanes) program ends 11/18	3:30-4PM Lap Swim (3 lanes) 3:30-4PM Open Swim (3 lanes)	3:30-5PM POOL IS CLOSED	1:30-2:30PM Open Swim (4 lanes) 1:30- 4:30 Lap Swim (2 lanes)
4:30-6PM Swim Team POOL IS CLOSED	4-6:00PM Swim Team POOL IS CLOSED	4:30-6PM Swim Team POOL IS CLOSED	4-6:00PM Swim Team POOL IS CLOSED		2:30-4:30PM Family Swim (4 lanes)
6:10-7PM Shallow H20 EX (3 lanes) 6:00-7PM Lap Swim (2 lanes)	6:00-7PM ACS SWIM TEAM (3 lanes) 6:00-8PM Family Swim (3 lanes)	6:10-7:10PM Shallow H20 EX (3 lanes) 6:00-8PM Lap Swim (2 lanes)	6:00-7PM ACS SWIM TEAM (3 lanes) 6:00-8PM Family Swim (3 lanes)	5:00-6PM Shallow H20 EX (3 lanes) 5:00-7PM Lap Swim (2 lanes)	4:30PM POOL CLOSES 5:00PM BUILDING CLOSES
	7:00-8PM Lap Swim (3 lanes)	7:15-8PM Family Swim (3 lanes)	7:00-8PM Lap Swim (3 lanes)	6:00-7PM Family Swim (3 lanes)	
7PM POOL CLOSES 7:30PM BUILDING CLOSES	8PM POOL CLOSES 8:30PM BUILDING CLOSES	8PM POOL CLOSES 8:30PM BUILDING CLOSES	8PM POOL CLOSES 8:30PM BUILDING CLOSES	7PM POOL CLOSES 7:30PM BUILDING CLOSES	

Happy Thanksgiving: POOL IS CLOSED 11/26-11/29
Happy Holidays: POOL IS CLOSED 12/24-12/27
Happy New Year: POOL IS CLOSED 12/31-1/3

Water Fitness Classes may be limited. Please monitor signs and RainedOut for detailed information.

NO Swim Team 12/21-1/3

DETAILS

- POOL IS CLOSED ON SATURDAYS
- Pool Schedule starts November 9, 2026 and is subject to change.
- Water temperature is typically 84-86 degrees. Both water and air temperatures may fluctuate depending on outside weather.
- 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.
-Private swim lessons may be scheduled outside of the published pool schedule and may utilize available lanes or open water space.
- 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. 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.

WaterINMotion® Deep: Take your workout to the deep end with this energizing, low-impact water fitness class designed to build cardio endurance, strength, and core stability—without stress on your joints. Set to upbeat music, this class features continuous movement with powerful cardio bursts and strength-focused exercises performed entirely in deep water. Perfect for participants who want a challenging yet safe workout that leaves them feeling strong, energized, and smiling.

WaterINMotion® Strength: Build strength and endurance with this dynamic, low-impact water workout designed to tone and strengthen your entire body. Set to upbeat music, this class uses water resistance and equipment to target major muscle groups while improving balance, coordination, and core stability. Enjoy a full-body workout that is both challenging and joint-friendly, leaving you feeling strong, confident, and energized.

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. 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 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.

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QUESTIONS?
Contact Beth Wilson | Aquatics Director
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