



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

INDOOR POOL SCHEDULE

June 2nd- August 3rd 2025

MONDAY

| Time | Lane 1 | Lane 2 | Lane 3 | Shallow Section | Deep Section |
|---------------|--------------|---------------|---------------|-----------------|--------------|
| 5:00-7:30am | Lap Swim | | | Open Swim | Open Swim |
| 7:30-8:30am | Lap Swim | Aqua Fit Plus | | | |
| 8:30-9:30am | Lap Swim | Aqua Fit | | | |
| 9:30-11:00am | Swim Camp | | Lap Swim | Swim Lessons | Open Swim |
| 11:00-12:00pm | Swim Camp | | Lap Swim | Open Swim | Open Swim |
| 12:00-1:00pm | Lap Swim | | Aqua Fit Plus | | |
| 1:00-2:45pm | Day Camp | | Lap Swim | Swim Lessons | Open Swim |
| 2:45-4:00pm | Day Camp | | Lap Swim | Open Swim | Open Swim |
| 4:00-6:00pm | Lap Swim | | Swim Lessons | | Open Swim |
| 6:00-7:30pm | Swim Lessons | | Lap Swim | Swim Lessons | Open Swim |
| 7:30-8:30pm | Lap Swim | | | Open Swim | |

TUESDAY

| Time | Lane 1 | Lane 2 | Lane 3 | Shallow Section | Deep Section |
|--------------|---|----------|----------------|-----------------|--------------|
| 5:00-8:00am | Lap Swim | | | Open Swim | Open Swim |
| 8:00-8:45am | Lap Swim | Aqua Fit | | | |
| 8:45-9:30am | Lap Swim | | Aqua Arthritis | | |
| 9:30-12:00pm | Swim Camp | | Lap Swim | Open Swim | Open Swim |
| 12:00-1:00pm | Lap Swim | | | Open Swim | Open Swim |
| 1:00-2:45pm | Day Camp | | Lap Swim | Swim Lessons | Open Swim |
| 2:45-4:00pm | Day Camp | | Lap Swim | Open Swim | Open Swim |
| 4:00-6:30pm | Lap Swim | | Swim Lessons | | Open Swim |
| 6:30-7:15pm | Lap Swim | | | Swim Lessons | Open Swim |
| 7:15-8:30pm | Foothills Paddling Club Kayaking (Entire pool closed) | | | | |

WEDNESDAY

| Time | Lane 1 | Lane 2 | Lane 3 | Shallow Section | Deep Section |
|--------------|-----------|----------|---------------|-----------------|--------------|
| 5:00-8:30am | Lap Swim | | | Open Swim | Open Swim |
| 8:30-9:30am | Lap Swim | Aqua Fit | | | |
| 9:30-12:00pm | Swim Camp | | Lap Swim | Open Swim | Open Swim |
| 12:00-1:00pm | Lap Swim | | Aqua Fit Plus | | |

| | | | | |
|-------------|--------------|--------------|--------------|-----------|
| 1:00-4:00pm | Day Camp | Lap Swim | Swim Lessons | Open Swim |
| 4:00-6:00pm | Lap Swim | Swim Lessons | | Open Swim |
| 6:00-7:30pm | Swim Lessons | Lap Swim | Swim Lessons | Open Swim |
| 7:30-8:30pm | Lap Swim | | Open Swim | |

| THURSDAY | | | | | |
|---------------|-------------------|----------|----------------|----------------------------|--------------|
| Time | Lane 1 | Lane 2 | Lane 3 | Shallow Section | Deep Section |
| 5:00-7:30am | Lap Swim | | | Open Swim | open Swim |
| 7:30-8:45am | Lap Swim | Aqua Fit | | | |
| 8:45-9:30am | Lap Swim | | Aqua Arthritis | | |
| 9:30-12:00pm | Swim Camp | | Lap Swim | Open Swim | Open Swim |
| 12:00-1:00pm | Lap Swim | | | Open Swim | Open Swim |
| 1:00-4:00pm | Day Camp | | Lap Swim | Swim Lessons | Open Swim |
| 4:00-6:30pm | Lap Swim | | Swim Lessons | | Open Swim |
| 6:30-8:30pm | Lap Swim | | | Open Swim | Open Swim |
| FRIDAY | | | | | |
| Time | Lane 1 | Lane 2 | Lane 3 | Shallow Section | Deep Section |
| 5:00-8:30am | Lap Swim | | | Open Swim | Open Swim |
| 8:30-9:30am | Lap Swim | Aqua Fit | | | |
| 9:30-12:00pm | Swim Camp | | Lap Swim | Swim lessons | Open Swim |
| 12:00-1:00pm | Lap Swim | | Aqua Fit Plus | | |
| 1:00-4:00pm | Day Camp | | Lap Swim | Open Swim | Open Swim |
| 4:00-7:30pm | Lap Swim | | | YMCA Programming/Open Swim | |
| SATURDAY | | | | | |
| Time | Lane 1 | Lane 2 | Lane 3 | Shallow Section | Deep Section |
| 7:00-8:30am | Lap Swim | | | Open Swim | Open Swim |
| 8:30-9:15am | Lap Swim | | Swim Lessons | | Open Swim |
| 9:15-11:30am | Swim Lessons Only | | | | Open Swim |
| 11:30-12:15pm | Lap Swim | | Swim Lessons | | Open Swim |
| 12:15-4:30pm | Lap Swim | | | Open Swim | Open Swim |
| SUNDAY | | | | | |
| 1:00-4:30pm | Lap Swim | | | Open Swim | |

***All pool hours and schedule are subject to change.**

****OPEN SWIM is for aerobics, water walking,
and family recreational swim****

