



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

LIFE CENTER YMCA - POOL SCHEDULE

October 1st-31st 2025

Time	Lane 1	Lane 2	Lane 3	Shallow Swim	Deep Swim
Monday					
5:00AM-8:15AM	Lap Swim			Open Swim	
8:15AM-10:00AM	Lap Swim			GroupEx Class	
10:00AM-3:00PM	Lap Swim			Open Swim	
3:00PM-5:30PM	Lap Swim			Swim Lessons	Open Swim
5:30PM-7:30PM	Lap Swim			Open Swim	
Tuesday					
5:00AM-8:15AM	Lap Swim			Open Swim	
8:15AM-10:00AM	Lap Swim			GroupEx Class	
10:00AM-3:30PM	Lap Swim			Open Swim	
3:30PM-4:30PM	Lap Swim			GroupEx Class	
4:30PM-6:15PM	Lap Swim			Open Swim	
6:15PM-7:00PM	Lap Swim			GroupEx Class	
7:00PM-7:30PM	Lap Swim			Open Swim	
Wednesday					
5:00AM-8:15AM	Lap Swim			Open Swim	
8:15AM-10:00AM	Lap Swim			GroupEx Class	
10:00AM-3:00PM	Lap Swim			Open Swim	
3:00PM-5:30PM	Lap Swim			Swim Lessons	Open Swim
5:30PM-6:15PM	Lap Swim			Open Swim	
6:15PM-7:00PM	Lap Swim			GroupEx Class	
7:00PM-7:30PM	Lap Swim			Open Swim	
Thursday					
5:00AM-8:15AM	Lap Swim			Open Swim	
8:15AM-10:00AM	Lap Swim			GroupEx Class	
10:00AM-3:30PM	Lap Swim			Open Swim	
3:30PM-4:30PM	Lap Swim			GroupEx Class	
4:30PM-6:15PM	Lap Swim			Open Swim	
6:15PM-7:00PM	Lap Swim			GroupEx Class	
7:00PM-7:30PM	Lap Swim			Open Swim	
Friday					
5:00AM-9:15AM	Lap Swim			Open Swim	
9:15AM-10:00AM	Lap Swim			GroupEx Class	
10:00AM-7:30PM	Lap Swim			Open Swim	
Saturday					
8:00AM-9:15AM	Lap Swim			Open Swim	
9:00AM-9:45AM	Lap Swim			GroupEx Class	
10:00AM-12:30PM	Lap Swim			Swim Lessons	Open Swim
12:30PM-5:30PM	Lap Swim			Open Swim	
SUNDAY					
1:00PM-5:30PM	Lap Swim			Open Swim	