



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

INDOOR POOL SCHEDULE

March 23rd - May 31st 2026

MONDAY

Time	Lane 1	Lane 2	Lane 3	Shallow Section	Deep Section
5:00-8:00am	Lap Swim			Open Swim	Open Swim
8:00-9:00am	Lap Swim		Aqua Fit Plus		
9:00-10:00am	Lap Swim	Aqua Fit			
10:00-12:00pm	Lap Swim			Swim Lessons	Open Swim
12:00-1:15pm	Lap Swim			Open Swim	
1:15pm-2:15pm	Lap Swim	S.O.		Swim Lessons	Open Swim
2:30pm-4:30	Lap Swim			Swim Lessons	Open Swim
4:30-7:15pm	Swim Lessons		Lap Swim	Swim Lessons	Open Swim
5:00pm -6:00pm	Swim Academy		Lap Swim	Swim Lessons	Open Swim
6:00pm -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	
8:00-9:00am	Lap Swim	Aqua Fit			
9:00am-10:00am	Lap Swim	Aqua Arthritis			
10:00am- 3:45pm	Lap Swim			Swim lessons 10-12	Open Swim
1:00-4:00pm	Lap Swim			Swim Lessons	Open Swim
4:00-6:30pm	Lap Swim		Swim Lessons		Open Swim
5:00pm -6:45pm	Swim Academy/S.O.			Swim Lessons	open Swim
6:45-7:15pm	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
5:00-9:00am	Lap Swim			Open Swim	
9:00am-10:00am	Lap Swim	Aqua Fit			
10:00-2:30pm	Lap Swim			Open Swim	
12:00-1:00pm	Lap Swim			Open Swim	
1:00pm-3:45pm	Lap Swim			Swim Lessons	Open Swim
4:00-6:45pm	Lap Swim		Swim Lessons		Open Swim

6:45-7:30pm	Swim Lessons	Open Swim
7:30-8:30pm	Lap Swim	Open Swim

THURSDAY					
Time	Lane 1	Lane 2	Lane 3	Shallow Section	Deep Section
5:00-8:00am	Lap Swim			Open Swim	
8:00-9:00am	Lap Swim	Aqua Fit			
9:00-10:00am	Lap Swim	Aqua Arthritis			
10:00am -1:30pm	Lap Swim			Open Swim	
1:30-2:30pm	S.O.			Open Swim	
2:30-4:00pm	Lap Swim			Swim Lessons	Open Swim
4:30-6:30pm	Swim Lessons		Lap Swim	Swim Lessons	Open Swim
5:00-6:00pm	Swim Academy		Lap Swim	Swim lessons	Open Swim
6:30-8:30pm	Lap Swim			Open Swim	

FRIDAY					
Time	Lane 1	Lane 2	Lane 3	Shallow Section	Deep Section
5:00-8:30am	Lap Swim			Open Swim	
8:30-9:30am	Lap Swim	Aqua Fit			
9:30-12:00pm	Lap Swim			Open Swim	
12:00-1:00pm	Lap Swim			Aqua Fit Plus	
1:00-4:00pm	Lap Swim			Open Swim	
4:00-7:30pm	Lap Swim			YMCA Programming/Open Swim	

Potential make-up lessons 4:00-7:30PM, please email chaquatics@ymcagreenville to confirm.

SATURDAY					
Time	Lane 1	Lane 2	Lane 3	Shallow Section	Deep Section
7:00-8:30am	Lap 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	Swim Lessons Only				Open Swim
12:15-4:30pm	Lap 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****