



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# LIFE CENTER YMCA - POOL SCHEDULE

## May 16th-June 26th

Time	Lane 1	Lane 2	Lane 3	Shallow Swim	Deep Swim
<b>MONDAY</b>					
5:00AM-8:10AM	Lap Swim			Open Swim	
8:10AM-9:15AM	Lap Swim			Aqua Fit Plus	
9:15AM-10:15AM	Lap Swim			Aqua Arthritis	
10:15AM-11:00AM	Lap Swim			Open Swim	
11:00AM-12:00PM	Lap Swim			Bel Aire Community	
10:15AM-3:00PM	Lap Swim			Open Swim	
3:00PM-5:30PM	Lap Swim			Swim Lessons	Open Swim
5:30PM-7:30PM	Lap Swim			Open Swim	
<b>TUESDAY</b>					
5:00AM-8:10AM	Lap Swim			Open Swim	
8:10AM-9:15AM	Lap Swim			Aqua Fit Plus	
9:15AM-10:15AM	Lap Swim			Aqua Arthritis	
10:30AM-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-7:10PM	Lap Swim			Aqua Fit Plus	
7:10PM-7:30PM	Lap Swim			Open Swim	
<b>WEDNESDAY</b>					
5:00AM-8:10AM	Lap Swim			Open Swim	
8:10AM-9:15AM	Lap Swim			Aqua Fit Plus	
9:15AM-10:15AM	Lap Swim			Aqua Arthritis	
10:15AM-3:00PM	Lap Swim			Open Swim	
3:00PM-5:40PM	Lap Swim			Swim Lessons	Open Swim
5:40PM-7:30PM	Lap Swim			Open Swim	
<b>THURSDAY</b>					
5:00AM-8:10AM	Lap Swim			Open Swim	
8:10AM-9:15AM	Lap Swim			Aqua Fit Plus	
9:15AM-10:15AM	Lap Swim			Aqua Arthritis	
10:30AM-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-7:10PM	Lap Swim	Aqua Fit Plus
7:10PM-7:30PM	Lap Swim	Open Swim
<b>FRIDAY</b>		
5:00AM-8:10AM	Lap Swim	Open Swim
8:10AM-9:15AM	Lap Swim	H2O Latin Dance Fusion
9:15AM-10:15AM	Lap Swim	Aqua Fit Plus
10:15AM-3:00PM	Lap Swim	Open Swim
3:00PM-5:40PM	Lap Swim	Swim Lessons    Open Swim
5:40PM-7:00PM	Lap Swim	Open Swim
<b>SATURDAY</b>		
8:00AM-9:15AM	Lap Swim	Open Swim
9:15AM-10:10AM	Lap Swim	Aqua Fit Plus
10:10AM-5:30PM	Lap Swim	Open Swim
<b>SUNDAY</b>		
1:00PM-2:00PM	Lap Swim	Open Swim
2:00PM-4:00PM	Lap Swim	Water Pathfinder & Adventure Club
4:00PM-5:30PM	Lap Swim	Open Swim

**SCHEDULE IS SUBJECT TO CHANGE AT ANY TIME\*\*\***

\*\*\*POOL CLOSING @12:30 ON MEMORIAL DAY (5/25/2026)