

INDOOR PROGRAM POOL SCHEDULE

Effective June 9, 2025

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|-----------------------------|---|---|---|---|---|--|
| Closed | 5:45 – 6:45am Aqua Aerobics Anza | 5:45 – 6:45am Aqua Aerobics Nancy | 5:45 – 6:45am Aqua Aerobics Anza | 5:45 – 6:45am Aqua Tabata Christine | 5:45 – 6:45am Aqua Aerobics Nancy | Closed |
| | 6:45 – 7:30am Aqua HIIT Anza | 6:45 – 7:30am Aqua Zumba Alex | 6:45 – 7:30am Aqua HIIT Anza | 6:45 – 7:30am Aqua Zumba Alex | 6:45 – 7:30am Aqua HIIT Anza | |
| | 8:00 – 9:00am Aqua Aerobics Eileen | 8:00 – 9:00am Aqua Aerobics Christine | 8:00 – 9:00am Aqua Aerobics Kate | 8:00 – 9:00am Aqua Aerobics Alex | 8:00 – 9:00am Aqua Aerobics Nancy | 9:00 – 10:00am Aqua Aerobics Allison |
| | 9:00 – 11:00am Swim Lessons | 9:00 – 11:00am Swim Lessons | 9:00 – 11:00am Swim Lessons | 9:00 – 11:00am Swim Lessons | 9:30 – 11:45am Open Swim | |
| | 11:00 – 11:45am Open Swim | 11:00 – 11:45am Open Swim | 11:00 – 11:45am Open Swim | 11:00 – 11:45am Open Swim | | |
| | 12:00 – 1:00pm Aqua Aerobics Shannon | 12:00 – 1:00pm Aqua Aerobics Alicia | 12:00 – 1:00pm Aqua Aerobics Eileen | 12:00 – 1:00pm Aqua Aerobics Eileen | 12:00 – 1:00pm Aqua Aerobics Shannon | |
| | 1:15 – 2:15pm Aqua Arthritis Eileen | 1:15 – 2:15pm Adult Open Swim/Water Walking | 1:15 – 2:15pm Aqua Arthritis Eileen | 1:15 – 2:15pm Adult Open Swim/Water Walking | 1:15 – 2:15pm Aqua Arthritis Nancy | |
| 12:00 – 3:00pm Open Swim | Closed | Closed | Closed | Closed | Closed | 10:00 – 1:00pm Swim Lessons |
| | 3:00 – 5:30pm Swim Lessons | 3:00 – 5:30pm Swim Lessons | 3:00 – 5:30pm Swim Lessons | 3:00 – 5:30pm Swim Lessons | 3:30 – 5:00pm Open Swim | |
| | 5:30 – 6:30pm Adult Open Swim / Water Walking | 5:30 – 6:30pm Aqua Zumba Alex | 5:30 – 6:30pm Adult Open Swim / Water Walking | 5:30 – 6:30pm Aqua Zumba Alex | 5:30 – 6:30pm Adult Open Swim / Water Walking | |
| | 6:30 – 7:30pm Swim Lessons (Shared Use) | 6:30 – 7:30pm Swim Lessons (Shared Use) | 6:30 – 7:30pm Swim Lessons (Shared Use) | 6:30 – 7:30pm Swim Lessons (Shared Use) | Closed | 1:00 –4:00pm Open Swim |
| Closed | 6:30 – 7:30pm Open Swim (Shared Use) | 6:30 – 7:30pm Open Swim (Shared Use) | 6:30 – 7:30pm Open Swim (Shared Use) | 6:30 – 7:30pm Open Swim (Shared Use) | Closed | Closed |

Program Pool is 13 yards x 13 yards

Y SOUTH POOL SCHEDULE

Y SOUTH Pool length is 22 yards

| Day | Times | Notes |
|-------------------|--------------------|-------------------------------------|
| Monday – Thursday | 9:00 am – 10:30 am | Open Swim, Lap Swim & Water Walking |
| Monday – Thursday | 4:15 pm – 6:30 pm | Open Swim, Lap Swim & Water Walking |
| Friday | 4:15 pm – 5:30 pm | Open Swim, Lap Swim & Water Walking |

SAUNA SCHEDULE

| Day | Morning & Afternoon |
|-------------------|---------------------|
| Monday – Friday | 5:00 am – 8:30 pm |
| Saturday & Sunday | 8:00 am – 2:30 pm |

LAP POOL SCHEDULE

Effective June 9, 2025



Lap Swim

(Drop-In lanes available unless otherwise indicated)

| Day | Times | Notes |
|-------------------|---------------------------|--|
| Sunday | 10:00 am – 3:00 pm | All Lanes Available |
| Monday – Thursday | 5:00 am – 6:00 am | All Lanes Available |
| | 6:00 am -7:00 am (M, W) | Multiple Lanes Available |
| | 6:00 am – 7:00 am (T, TH) | All Lanes Available |
| | 7:00 am – 9:25 am | All Lanes Available |
| | 9:30 am – 11:00 am | Multiple Lanes Available |
| | 11:00am -5:00 pm | All Lanes Available |
| | 5:00 pm -6:15 pm | Multiple Lanes Available |
| | 6:15 pm – 8:00 pm | All Lanes Available |
| Friday | 5:00 am – 6:00 am | All Lanes Available |
| | 6:00 am -7:30 am | Multiple Lanes Available |
| | 7:30 am – 9:00 am | *** Lap Swim CLOSED for Swim Programs*** |
| | 10:15 am – 3:30 pm | All Lanes Available |
| | 3:30 pm - 4:15 pm | Multiple Lanes Available |
| | 4:15 pm – 8:00 pm | All Lanes Available |
| Saturday | 7:00 am – 8:00 am | All Lanes Available |
| | 8:00 am – 11:00 am | Multiple Lanes Available |
| | 11:00 am – 5:00 pm | All Lanes Available |

Open Swim (Square / Steps area always available when pool is open)

| Day | Times | Notes |
|-----------------|--------------------|-------|
| Sunday | 10:00 am – 3:00 pm | |
| Monday – Friday | 10:45 am – 4:00 pm | |
| | 7:00 pm – 8:00 pm | |
| Saturday | 11:00 am – 5:00 pm | |

Outdoor Pool length is 25 yards

*Schedules may change without prior notice. *

Private swimming lessons may take place at any time. Shared use time may be cancelled at the Aquatic Director's discretion.

Swim diapers are required for swimmers unable to independently use the bathroom.

Non-swimmers must wear a life jacket if they cannot touch the bottom.

Children 6 and under must be in direct contact with an adult in the water.

Children 11 years and under must pass a swim test and have an adult on deck accompanying them.

No mono-fins or mermaid tails permitted.

Occasionally, the Outdoor Pool may close for swim meets. If this happens, Y South will be open as an alternative swim site if possible.

When school is out for more than one day swim practice will move to the Saturday Practice Schedule 8:00-11:00am

**Lap Swimmers MUST share lanes if the pool is crowded; use circle swimming when sharing lane with more than two people
Multiple Lanes Available indicates that there are programs running simultaneously with Lap Swim or Open Swim.