

# INDOOR PROGRAM POOL SCHEDULE

Fall/Winter 2025 (effective 11/10/25)



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

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 Aerobics Alex	6:45 – 7:30am Aqua HIIT Anza	6:45 – 7:30am Aqua Aerobics 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 Alex	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 – 11:00am Open Swim		
	9:30 – 11:00am Open Swim (Shared Use)	9:30 – 11:00am Open Swim (Shared Use)	9:30 – 11:00am Open Swim (Shared Use)	9:30 – 11:00am Open Swim (Shared Use)			
	12:00 – 1:00pm Aqua Aerobics Shannon	12 :00 – 1:00pm Aqua Aerobics Allison/Kate	12:00 – 1:00pm Aqua Aerobics Eileen	12:00 – 1:00pm Aqua Aerobics Eileen	12:00 – 1:00pm Aqua Aerobics Shannon		
12:00 – 3:00pm Open Swim	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	10:00 – 1:00pm Swim Lessons	
	Closed	Closed	Closed	Closed	Closed	1:00 –4:00pm Open Swim	
Closed	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		
	3:30 – 5:00pm Open Swim (Shared Use)	3:30 – 5:00pm Open Swim (Shared Use)	3:30 – 5:00pm Open Swim (Shared Use)	3:30 – 5:00pm Open Swim (Shared Use)			
	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		
	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)			

Indoor Program Pool is 13 yards x 13 yards

## SAUNA SCHEDULE

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

## LAP POOL SCHEDULE

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### Lap Swim

(Drop-In lanes available unless otherwise indicated)

Day	Times	Notes
Sunday	10:00 am – 3:00 pm	All Lanes Available
Monday – Friday	5:00 am – 6:00 am	All Lanes Available
	6:00 am – 7:00 am (M, W, F)	Multiple Lanes Available
	6:00 am – 7:00 am (T, TH)	All Lanes Available
	7:00 am – 3:30 pm	All Lanes Available
	3:30 pm – 4:00 pm	Multiple Lanes Available
	4:00 pm – 5:00 pm	Lanes Available
	5:00 pm – 7:30 pm	Multiple Lanes Available
	7:30 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.

## 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