



REGIONAL YMCA POOL SCHEDULE

Effective September 6, 2022

Lap Swim Availability

Main Pool

Lane availability subject to change

Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
6am-8:45pm	6am-8:45pm	6am-8:45pm	6am-8:45pm	6am-6:45pm	7am-8:45am 12pm- 3:45pm	7am-8:45am 12pm-3:45pm

Outdoor Pool (YDAC)

Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
5am- 12pm	5am - 12pm	5am -12pm	5am -12pm	5am-12pm	9am - 3:45pm	9am - 3:45pm

*MUST be able to swim unassisted and continuous laps, 13 years and over.

Family/Open Swim Availability

Main Pool

Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
12pm-6pm 7pm-8:45pm	12pm-6pm	12pm-6pm 7pm-8:45pm	12pm-6pm 7pm-8:45pm	12pm-6:45pm	12pm-3:45pm	12pm-3:45pm

Outdoor Pool (YDAC)

Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
					12pm-3:45pm	11am-3:45pm

Therapy Pool

Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
12pm -8:00pm	12pm-5:15pm 6:30pm-8:30pm	12pm-8:00pm	9am-11am 12pm-8:00pm	9am-6:45pm	12:15pm - 3:45pm	12:15pm- 3:45pm