



REGIONAL YMCA POOL SCHEDULE

Effective March 7, 2023

Lane availability subject to change

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

Main Pool - Lap Swim Availability

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 12:15pm-3:45pm	7am-8:45am 12:15pm-3:45pm

Outdoor Pool (YDAC)- Lap Swim Availability

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

Main Pool - Family/Open Swim Availability

Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
1pm-6pm 7pm-8:45pm	12pm-6pm 7pm- 8:45pm	1pm-6pm 7pm-8:45pm	12pm-6pm 7pm-8:45pm	12pm-6pm 7pm-8:45pm	12pm-6:45pm 12:15pm-3:45pm	12:15pm-3:45pm

Outdoor (YDAC) - Family/Open Swim Availability

Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
N/A	N/A	N/A	N/A	N/A	9am-3:45pm	9am-3:45pm

Therapy Pool - Family/Open Swim Availability

***Maximum number of swimmers 20**

Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
1pm-8pm	12pm-5pm 6:45 pm-8 pm	1pm-8pm	9am-10 am 12pm-8pm	9am-6:45pm	12:15 pm-3:45pm	12:15 pm-3:45pm