



REGIONAL YMCA POOL SCHEDULE

Effective September 5, 2023

*Lane availability is subject to change.

LAP SWIM AVAILABILITY

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|----------------------------|-------------|-------------|-------------|-------------|-------------|------------------------------|------------------------------|
| Main Pool | 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) | 5am-11:45am | 5am-11:45am | 5am-11:45am | 5am-11:45am | 5am-11:45am | 10am-3:45pm | 10am-3:45pm |

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

Weekend YDAC Lap Hours are subject to change due to swim meets. Please check facility emails for updates.

GENERAL/FAMILY SWIM AVAILABILITY

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|----------------------------|-----------------------|---------------------------|-----------------------|------------------------|-------------|---|---|
| Main Pool | 1pm-6pm 7pm-8:45pm | 12pm-6pm 7pm-8:45pm | 1pm-6pm 7pm-8:45pm | 12pm-6pm 7pm-8:45pm | 12pm-6:45pm | 12:15pm-3:45pm *Diving board Available | 12:15pm-3:45pm *Diving board Available |
| Outdoor Pool (YDAC) | | | | | | 12pm-3:45pm | 12pm-3:45pm |
| Therapy Pool | 12pm-8pm | 12pm-5:15pm 6:45pm-8pm | 12pm-8pm | 12pm-8pm | 9am-6:45pm | 12:15pm-3:45pm | 12pm-3:45pm |

Diving board: Open for use weekends after 12:15pm however, diving board availability may vary based on swim meet and wibit status. All patrons must ask lifeguard before using the diving board.

Wibit: Open to members on varying weekend days check online schedule for availability.

WATER AEROBICS - REGISTRATION REQUIRED

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|--------------------|---------------------------|--------------------|---------------------|--------|----------|--------|
| No Family/General swim available at these times. More in depth schedule available online or at front desk. | | | | | | | |
| Main Pool | 9am-1pm 6pm-7pm | 9am-12pm 6pm-7pm | 9am-1pm 6pm-7pm | 9am-12pm 6pm-7pm | | | |
| Therapy Pool | 9am-12pm | 9am-12pm 5:30pm-6:30pm | 9am-12pm | 9am-12pm | | | |

Water Aerobics Class: Open to all members. Session based registration, register at the front desk. (\$20 registration fee)

Some things to remember:

- No strollers on pool deck
- No street shoes on pool deck
- Appropriate swim wear must be worn if using any pool or sauna (on pool deck)
- Please obey the lifeguard at all times. Lifeguards have the final say.