



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

REGIONAL YMCA POOL SCHEDULE

Effective Date: May 9, 2025

*Lane availability is subject to change.

LAP SWIM AVAILABILITY

*Must be able to swim or water jog continuous laps, 13 years and over.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Main Pool	5:30am-8:45pm	5:30am-8:45pm	5:30am-8:45pm	5:30am-8:45pm	5:30am-6:45pm	7:00am-8:45am 12:15pm-3:45pm	7:00am-10:00am 12:15pm-3:45pm
Outdoor Pool (YDEAC)	5:00am-11:45am	5:00am-11:45am	5:00am-11:45am	5:00am-11:45am	5:00am-11:45am	10:00am-3:45pm	10:00am-3:45pm

GENERAL/FAMILY SWIM AVAILABILITY

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Main Pool	1:00pm-6:00pm 7:00pm-8:45pm	12:00pm-6:00pm 7:00pm-8:45pm	1:00pm-6:00pm 7:00pm-8:45pm	12:00pm-6:00pm 7:00pm-8:45pm	12:00pm-6:45pm	12:15pm-3:45pm *Diving board available	12:15pm-3:45pm *Diving board available
Outdoor Pool (YDEAC)						12:00pm-3:45pm	12:00pm-3:45pm
Shallow Pool	12:00pm-8:00pm	12:00pm-5:15pm 6:45pm-8:00pm	12:00pm-8:00pm	12:00pm-8:00pm	9:00am-12:00pm 12:00pm-6:45pm	12:15pm-3:45pm	12:15pm-3:45pm

REMINDERS:

- Weekend swim availability at the Outdoor Pool (YDEAC) is subject to change due to swim meets. Please check facility emails for updates.
- Diving board availability is subject to change without notice. All patrons must ask a lifeguard before using the diving board.
- The Wubit is open to swimmers on varying weekend days. Please check the online schedule at www.regionalyymca.org for availability.
- Please review the Pool Rules (available at the front desk) before entering the pool area, and obey the lifeguards at all times.