



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

REGIONAL YMCA POOL SCHEDULE

Effective Date: February 23, 2026

*Lane availability is subject to change.

ALL POOLS CLOSE 15 MINUTES PRIOR TO BUILDING CLOSING. PLEASE PLAN YOUR VISIT ACCORDINGLY TO ENSURE YOU EXIT BUILDING BEFORE CLOSING.

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 12:30pm-3:45pm	7:00am-10:15am 12:30pm-3:45pm
Outdoor Pool	5:00am-12:00pm	5:00am-12:00pm	5:00am-12:00pm	5:00am-12:00pm	5:00am-12:00pm	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	12:30pm-3:45pm *Diving board available	12:30pm-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-5:15pm 6:45pm-8:00pm	9:00am-10:00am 11:00am - 6:45pm	12:30pm-3:45pm	12:30pm-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.