


Lap Pool


2025
JANUARY

SUN	MON	TUE	WED	THU	FRI	SAT
 <p>Pool and Sauna Hours Monday-Friday 5:30am-7:30pm Saturday- 7:30am -3:30pm Sunday 11:30am -4:30pm Day Swim Pass Open Swim 1:30pm-3:30pm</p>			<p>1</p> <p>YMCA CLOSED HAPPY NEW YEAR!</p>	<p>2</p> <p>LAP SWIM 5:30AM-3PM SWIM TEAMS LANES 3-8 3:00PM-6:30PM LAP SWIM LANES 1-2 3:00PM-6:30PM LAP SWIM 6:30PM-7:30PM</p>	<p>3</p> <p>LAP SWIM 5:30AM-3PM SWIM TEAMS LANES 3-8 3:00PM-6:30PM LAP SWIM LANES 1-2 3:00PM-6:30PM LAP SWIM 6:30PM-7:30PM</p>	<p>4</p> <p>LAP SWIM 7:30AM-3:30PM</p>
<p>5</p> <p>LAP SWIM 11:30AM-4:30PM</p>	<p>6</p> <p>LAP SWIM 5:30AM-3PM SWIM TEAMS LANES 3-8 3:00PM-6:30PM LAP SWIM LANES 1-2 3:00PM-6:30PM LAP SWIM 6:30PM-7:30PM</p>	<p>7</p> <p>LAP SWIM 5:30AM-3PM SWIM TEAMS LANES 3-8 3:00PM-6:30PM LAP SWIM LANES 1-2 3:00PM-6:30PM LAP SWIM 6:30PM-7:30PM</p>	<p>8</p> <p>LAP SWIM 5:30AM-3PM SWIM TEAMS LANES 3-8 3:00PM-6:30PM LAP SWIM LANES 1-2 3:00PM-6:30PM LAP SWIM 6:30PM-7:30PM</p>	<p>9</p> <p>LAP SWIM 5:30AM-3PM SWIM TEAMS LANES 3-8 3:00PM-6:30PM LAP SWIM LANES 1-2 3:00PM-6:30PM LAP SWIM 6:30PM-7:30PM</p>	<p>10</p> <p>LAP SWIM 5:30AM-3PM SWIM TEAMS LANES 3-8 3:00PM-6:30PM LAP SWIM LANES 1-2 3:00PM-6:30PM LAP SWIM 6:30PM-7:30PM</p>	<p>11</p> <p>LAP SWIM 7:30AM-3:30PM</p>
<p>12</p> <p>LAP SWIM 11:30AM-4:30PM</p>	<p>13</p> <p>LAP SWIM 5:30AM-8:30AM 2ND GR SWIM LESSONS 8:30AM-10:15AM OPEN SWIM 10:15AM-3:00PM SWIM TEAMS LANES 3-8 3:00PM-6:30PM LAP SWIM 6:30PM-7:30PM</p>	<p>14</p> <p>LAP SWIM 5:30AM-8:30AM 2ND GR SWIM LESSONS 8:30AM-10:15AM OPEN SWIM 10:15AM-3:00PM SWIM TEAMS LANES 3-8 3:00PM-6:30PM LAP SWIM 6:30PM-7:30PM</p>	<p>15</p> <p>LAP SWIM 5:30AM-8:30AM 2ND GR SWIM LESSONS 8:30AM-10:15AM OPEN SWIM 10:15AM-3:00PM SWIM TEAMS LANES 3-8 3:00PM-6:30PM LAP SWIM 6:30PM-7:30PM</p>	<p>16</p> <p>LAP SWIM 5:30AM-8:30AM 2ND GR SWIM LESSONS 8:30AM-10:15AM OPEN SWIM 10:15AM-3:00PM SWIM TEAMS LANES 3-8 3:00PM-6:30PM LAP SWIM 6:30PM-7:30PM</p>	<p>17</p> <p>LAP SWIM 5:30AM-8:30AM 2ND GR SWIM LESSONS 8:30AM-10:15AM OPEN SWIM 10:15AM-3:00PM SWIM TEAMS LANES 3-8 3:00PM-6:30PM LAP SWIM 6:30PM-7:30PM</p>	<p>18</p> <p>LAP SWIM 7:30AM-3:30PM</p>
<p>19</p> <p>LAP SWIM 11:30AM-4:30PM</p>	<p>20</p> <p>LAP SWIM 5:30AM-3PM SWIM TEAMS LANES 3-8 3:00PM-6:30PM LAP SWIM LANES 1-2 3:00PM-6:30PM LAP SWIM 6:30PM-7:30PM</p>	<p>21</p> <p>LAP SWIM 5:30AM-8:30AM 2ND GR SWIM LESSONS 8:30AM-10:15AM OPEN SWIM 10:15AM-3:00PM SWIM TEAMS LANES 3-8 3:00PM-6:30PM LAP SWIM 6:30PM-7:30PM</p>	<p>22</p> <p>LAP SWIM 5:30AM-8:30AM 2ND GR SWIM LESSONS 8:30AM-10:15AM OPEN SWIM 10:15AM-3:00PM SWIM TEAMS LANES 3-8 3:00PM-6:30PM LAP SWIM 6:30PM-7:30PM</p>	<p>23</p> <p>LAP SWIM 5:30AM-8:30AM 2ND GR SWIM LESSONS 8:30AM-10:15AM OPEN SWIM 10:15AM-3:00PM SWIM TEAMS LANES 3-8 3:00PM-6:30PM LAP SWIM 6:30PM-7:30PM</p>	<p>24</p> <p>LAP SWIM 5:30AM-8:30AM 2ND GR SWIM LESSONS 8:30AM-10:15AM OPEN SWIM 10:15AM-3:00PM SWIM TEAMS LANES 3-8 3:00PM-6:30PM LAP SWIM 6:30PM-7:30PM</p>	<p>25</p> <p>LAP SWIM 7:30AM-3:30PM</p>
<p>26</p> <p>LAP SWIM 11:30AM-4:30PM</p>	<p>27</p> <p>LAP SWIM 5:30AM-8:30AM 2ND GR SWIM LESSONS 8:30AM-10:15AM OPEN SWIM 10:15AM-3:00PM SWIM TEAMS LANES 3-8 3:00PM-6:30PM LAP SWIM 6:30PM-7:30PM</p>	<p>28</p> <p>LAP SWIM 5:30AM-8:30AM 2ND GR SWIM LESSONS 8:30AM-10:15AM OPEN SWIM 10:15AM-3:00PM SWIM TEAMS LANES 3-8 3:00PM-6:30PM LAP SWIM 6:30PM-7:30PM</p>	<p>29</p> <p>LAP SWIM 5:30AM-8:30AM 2ND GR SWIM LESSONS 8:30AM-10:15AM OPEN SWIM 10:15AM-3:00PM SWIM TEAMS LANES 3-8 3:00PM-6:30PM LAP SWIM 6:30PM-7:30PM</p>	<p>30</p> <p>LAP SWIM 5:30AM-8:30AM 2ND GR SWIM LESSONS 8:30AM-10:15AM OPEN SWIM 10:15AM-3:00PM SWIM TEAMS LANES 3-8 3:00PM-6:30PM LAP SWIM 6:30PM-7:30PM</p>	<p>31</p> <p>LAP SWIM 5:30AM-8:30AM 2ND GR SWIM LESSONS 8:30AM-10:15AM OPEN SWIM 10:15AM-3:00PM SWIM TEAMS LANES 3-8 3:00PM-6:30PM LAP SWIM 6:30PM-7:30PM</p>	

*Lanes 1&2 will always be open for lap swim

Warm Up Pool

2025
JANUARY

SUN	MON	TUE	WED	THU	FRI	SAT
 <p>Pool and Sauna Hours Monday-Friday 5:30am-7:30pm Saturday- 7:30am -3:30pm Sunday 11:30am -4:30pm 1y Swim Pass Open Swim 1:30pm-3:30pm</p>			<p>1 YMCA CLOSED HAPPY NEW YEAR!</p>	<p>2 OPEN SWIM 5:30AM-10:30AM AQUA AEROBICS 10:30AM-11:30AM OPEN SWIM 11:30PM-6:30PM AQUA DANCE 6:30PM-7:30PM</p>	<p>3 OPEN SWIM 5:30AM-10:30AM AQUA STRETCH 10:30AM-11:30AM OPEN SWIM 11:30AM-7:30PM</p>	<p>4 OPEN SWIM 7:30AM-8:30AM SWIM LESSONS 8:30AM-11:00AM AQUA DANCE 11AM-12PM OPEN SWIM 12PM-3:30PM</p>
<p>5 OPEN SWIM 11:30AM-3:30PM</p>	<p>6 OPEN SWIM 5:30AM-10:30AM AQUA STRETCH 10:30AM-11:30AM OPEN SWIM 11:30AM-1:00PM FOUNDATION KIDS 1:00PM-2:00PM OPEN SWIM 2:00PM-4:00PM SWIM LESSONS 4:00PM-6:30PM OPEN SWIM 6:30PM-7:30PM</p>	<p>7 OPEN SWIM 5:30AM-10:30AM AQUA AEROBICS 10:30AM-11:30AM OPEN SWIM 2:00PM-4:00PM SWIM LESSONS 4:00PM-6:30PM AQUA DANCE 6:30PM-7:30PM</p>	<p>8 OPEN SWIM 5:30AM-10:30AM AQUA AEROBICS 10:30AM-11:30AM OPEN SWIM 11:30AM-4:00PM SWIM LESSONS 4:00PM-7:30PM</p>	<p>9 OPEN SWIM 5:30AM-10:30AM AQUA AEROBICS 10:30AM-11:30AM SWIM LESSONS 11:30AM-1:30PM OPEN SWIM 1:30PM-4:00PM SWIM LESSONS 4:00PM-6:30PM AQUA DANCE 6:30PM-7:30PM</p>	<p>10 OPEN SWIM 5:30AM-10:30AM AQUA STRETCH 10:30AM-11:30AM OPEN SWIM 11:30AM-7:30PM</p>	<p>11 OPEN SWIM 7:30AM-8:30AM SWIM LESSONS 8:30AM-11:00AM AQUA DANCE 11AM-12PM OPEN SWIM 12PM-3:30PM</p>
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