

# Downtown YMCA Winter Pool Schedule

\*Updated 1/15/25

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
6-7a			Master Swim*	Masters Swim*	Swim Academy *		CLOSED	6-7a
7-8a			Hydro	Aqua Blast		Shall WF**		7-8a
8-9a							Masters Swim*	8-9a
9-10a							Deep Water Fusion	9-10a
10-11a								10-11a
11-12p								11-12p
12-1p	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	12-1p
1-2p	Lap Swim							1-2p
2-3p	Woman Only Swim							2-3p
3-4p								3-4p
4-5p								4-5p
5-6p			Lesson				CLOSED	5-6p
6-7p						CLOSED		6-7p
7-8p		CLOSED	CLOSED	CLOSED	CLOSED			7-8p

\*Family Swim 3rd Thursday of every month 5-7PM

\*\*We will have shared space with lifeguard classes- We will still have 2 lanes open for swimming, please watch for notices on the lockerroom doors.\*\*