



YOUTH DEVELOPMENT®  
HEALTHY LIVING  
SOCIAL RESPONSIBILITY

# REC POOL SCHEDULE

## May 4 – May 31, 2025

**Note: Schedule subject to change.**

	SUNDAY	MONDAY***	TUESDAY*	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>Shaded Areas</b> Indicates program times where pool is closed for programs or rentals. During classes the play feature area will not be turned on. The smaller area is open for people to enjoy being respectful of the noise level as to not disturb the class in the main part of the pool. During swim lessons the play feature area is closed along with the rest of the pool.</p> <p><b>Open Swim</b> Parents (guardian) must be in the water by their child if they are 5 and under. If child is 6-9 years old, a parent should be in the water with child, or child should stay in shallow area of rec pool with parent watching. If child needs a lifejacket, they should not be in the deeper area without a parent.</p>	CLOSED	5:15-7:30 Adult Lap	5:15-7:30 Adult Lap	5:15-7:30 Adult Lap	5:15-7:30 Adult Lap	5:15-7:30 Adult Lap	CLOSED
		7:30-9:00 Adult Open	7:30-9:00 Adult Open	7:30-9:00 Adult Open	7:30-9:00 Adult Open	7:30-9:00 Adult Open	7:00-8:55 Adult Open
		9:00-9:45 Water Fitness	9:00-9:45 Water Fitness	9:00-9:45 Water Fitness	9:00-9:45 Water Fitness	9:00-9:45 Water Fitness	9:00-12:00 Swim Lessons
	10:15-3:30 Open Swim	10:00-10:45 Arthritis	10:00-10:45 Arthritis	10:00-10:45 Arthritis	10:00-10:45 Arthritis 10:30-11:15 Parent/Child class	10:00-10:45 Arthritis	
		11:00-12:00 Open Swim	11:00-11:45 Aqua Yoga/Pilates	11:00-12:00 Open Swim	11:00-5:15 Open Swim	11:00-12:00 Open Swim**	12:00-3:00 Open Swim
		12:00-1:00 Adult Open/ Lap 12:30-1:15 volleyball	12:00- 5:50 Open Swim	12:00-1:00 Adult Open/ Lap 12:30-1:15 volleyball		12:00-1:00 Adult Open/ Lap 12:30-1:15 volleyball	
		1:00-2:00 Open		1:00-2:00 Open		1:00-2:00 Open	
		2:00-2:45 Arthritis		2:00-2:45 Arthritis		2:00-2:45 Arthritis	
		3:00-5:50 Open Swim		3:00-5:50 Open Swim	5:15-6pm Adult & Parent/Child lessons	3:00-8:30 Open Swim	3:00-4:00 Rental Pool Closed
							4:00-5:30 Open Swim
	3:30 POOL/ SAUNA/ STEAM closed	6:00-6:30 %SAW program	6:00-6:30 %SAW program	6:00-6:30 %SAW program	6:00-6:30 %SAW program		5:30 POOL/ SAUNA/ STEAM closed
		7:15- 8:00 Water Fitness	7:15-8:00 Aqua Drumming	7:15- 8:00 Water Fitness- Tabata	6:30-7:15 pm Adult & Parent/Child lessons		
		8:00-8:30 Open Swim	8:00-8:30 Open Swim	8:00-8:30 Open Swim	7:15-8:30 Open Swim		
		8:30 Pool/Sauna/ Steam Closed	8:30 Pool/Sauna/ Steam Closed	8:30 Pool/Sauna/ Steam Closed	8:30 Pool/Sauna/ Steam Closed	8:30 Pool/Sauna/ Steam Closed	

- \*Monday May 5- POOL, SAUNA, STEAM CLOSED
- \*Tuesday May 6- POOL CLOSED
- \*\*Friday May 9- CARES KIDS 11-12pm shallow end of rec pool
- % SAW (Safety Around Water) program running May 12-22
- \*\*\*Monday May 26 Y CLOSED for Memorial Day

**West End YMCA**

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