



YOUTH DEVELOPMENT®  
HEALTHY LIVING  
SOCIAL RESPONSIBILITY

# POOL SCHEDULE

## October 1, 2025 – October 31, 2025

**Note: Pool Closed 12p–3p Saturday October 25 – Swim Meet**

Pool schedule subject to change

<b>Shaded Areas</b> Indicates program times where pool is closed for programs or rentals.  <b>Deep Water Test</b> Required for 13 years and younger. <b>Test will be given at the beginning of open swim.</b> Once completed get wristband from the Welcome Center to swim in deep water.  <b>Open Swim</b> Available to all. 9 and younger must have adult present in pool. 13 and younger require deep water test to swim in deep end. Pool will be available for laps at the lifeguard's discretion.  <b>Adult Lap Swim</b> Open for continuous lap swimming age 16+ Circle swimming will be enforced at the discretion of the lifeguard.  <b>Adult Water Exercise</b> Open for water walking or stationary exercise	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	CLOSED	5:15–8:00 Adult Lap	5:15–8:00 Adult Lap	5:15–8:00 Adult Lap	5:15–8:00 Adult Lap	5:15–8:00 Adult Lap	6:15–8:00 Adult Lap
		8:15–9:00 Aquacise	8:15–9:00 Aqua HIIT	8:15–9:00 Aquacise	8:15–9:00 Aqua Kickboxing	8:15–9:00 Aquacise	8:00–8:45 Aqua Cycle
		9:00–10:00 Layton PT	9:15–11:45 Swim Lessons	9:00–11:15 Safety Around Water	9:15–10:00 H2O Body Sculpt & Resistance	9:00–10:00 Layton PT	9:15–12:00 Swim Lessons
	10:15–12:00 Adult Lap	10:30–11:15 Deep Water Jog			10:30–1:15 Adult Lap	10:30–11:15 Deep Water Jog	
		11:30–1:15 Adult Lap	11:45–1:15 Adult Lap	11:30–1:15 Adult Lap		11:30–1:15 Adult Lap	
	12:15–3:00 Open Swim	1:30–2:15 Silver Sneakers Splash	1:30–2:15 Adult Water Exercise	1:30–2:15 CLOSED	1:30–2:15 Silver Sneakers Splash	1:30–2:15 Water Movement	12:15–3:00 Open Swim
		2:30–4:00 After School	2:30–4:00 After School	2:30–3:30 Layton PT	2:30–4:00 After School	2:30–4:00 After School	
		4:00–5:00 Open Swim	4:00–5:00 Open Swim	4:00–5:00 Open Swim	4:00–5:00 Open Swim	4:00–5:00 Open Swim	
	CLOSED	5:15–6:30 Swim Team	5:00–6:45 Swim Lessons 6:00–6:45 Aquacise	5:15–6:30 Swim Team	5:00–6:45 Swim Lessons	5:15–6:45 Swim Team	CLOSED
		6:30–7:15 Deep Water Bootcamp	6:45–7:30 Swim Team	6:45–7:30 Aqua Zumba	6:45–7:30 Swim Team	6:45–7:30 Open Swim	
		7:30–8:45 Adult Lap	7:45–8:45 Adult Lap	7:45–8:45 Adult Lap	7:45–8:45 Adult Lap	7:45–8:45 Adult Lap	

**East End YMCA**

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