



YOUTH DEVELOPMENT®
HEALTHY LIVING
SOCIAL RESPONSIBILITY

REC POOL SCHEDULE

Oct 5 – Oct 25, 2025

Note: Schedule subject to change.

Open Swim 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 .	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	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	7:00-8:00 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	7:30-9:00 Adult Open	8:00-8:45 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	9:00-9:45 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 10:40-11:10 Parent/Child class	10:00-10:45 Arthritis	
		11:00-12:00 Open	11:00-11:45 Yoga/Pilates	11:00-12:00 Open	11:00-4:30 Open Swim	11:00-12:00 Open	12:00-3:00 Open Swim
		12:00-1:00 Adult Open/ Lap 12:30-1:15 volleyball	12:00- 4:30 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	
		3:00-4:30 Open	3:00-4:30 Open			3:00-4:00 Rental Pool Closed	
		3:30 POOL/ SAUNA/ STEAM closed	4:30-7:00 Swim Lessons	4:30-7:00 Swim Lessons	4:30-7:00 Swim Lessons	4:30-7:00 Swim Lessons	3:00-8:30 Open Swim
	7:15- 8:00 Water Fitness		6:30-7:15 Swim Team	7:15- 8:00 Water Fitness- Tabata	6:30-7:15 Swim Team	5:30 POOL/ SAUNA/ STEAM closed	
			7:30-8:15 Aqua Drumming		7:30-8:30 Open Swim		
	8:00-8:30 Open Swim		8:15-8:30 Open Swim	8:00-8:30 Open Swim			
8:30 Pool/Sauna/Steam Closed							

Shaded Areas

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.

- Swim team- T/Th from 6:30-7:15- pool closed
- Great Pumpkin Splash Sunday Oct 26

West End YMCA

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