



YOUTH DEVELOPMENT®
HEALTHY LIVING
SOCIAL RESPONSIBILITY

REC POOL SCHEDULE

Nov 2 – Dec 20, 2025

Note: Schedule subject to change.

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 (Dec 14 closed until 12pm)	10:00-10:45 Arthritis	10:00-10:45 Arthritis	10:00-10:45 Arthritis	10:00-10:45 Arthritis	10:00-10:45 Arthritis		
	11:00-12:00 Open	11:00-11:45 Yoga/Pilates	11:00-12:00 Open	10:40-11:10 Parent/Child class	11:00-12:00 Open **		
3:30 POOL/ SAUNA/ STEAM closed	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	11:00-4:30 Open Swim	12:00-1:00 Adult Open/ Lap 12:30-1:15 volleyball	12:00-3:00 Open Swim	
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 deep area without a parent.	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		3:00-5:00**** Open Swim	3:00-4:00 Rental Pool 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	****starting 12/12 4-5pm (pool closed)	4:00-5:30 Open Swim (Dec 13 pool closes at 4pm)	
	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	5-8:30pm Open Swim***	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.

Special Programs/Activities

- *Nov 4- School Day off – kids in pool 2-3pm
- Sensory Swim- Sunday 11/16 and Sunday 12/21
- Cubs in the Water Sunday 11/16 from 1-2pm
- *Dec 1- School Day off- kids in pool 3-3:45pm
- Pool closed Dec 13 @4pm
- Y Closed Thursday Nov 27 and Friday Nov 28
- **CARES kids in pool on 11/7 and 12/5 from 11-12pm
- ***Swim with Santa- Friday Dec 19 from 5:30-7:30pm
- ****Special Olympics practice
- Pool Closed Dec 14 until 12pm (for maintenance)

West End YMCA

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