



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

POOL SCHEDULE

January 2026

This schedule is subject to change.

Shaded Areas

indicate program times where pool is closed.

-Adult Lap Swim

Circle swim directed by the Lifeguard on duty. Ages 18 & up.

-Open Swim

Pool divided between shallow & deep end.

Open to all.

-Deep Water Test

Must be taken by anyone under 13 years of age to swim in the deep end.

-For your safety

Children under 6 years old must have a parent in the water within arm's reach for the duration of open swim.

-Flotation Devices

Use of non-Coast Guard approved flotation devices is strictly prohibited.

Pool Closed

Jan. 1

Classes Resume

Jan. 5

Pool Closed for Swim Meet:

January 9th 4pm-9pm

January 10th 11:30am-Close

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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	9:00-11:30 Safety Around Water (SAW)	9:15-10:00 H2O Body sculpt & Resistance	9:00-10:00 Layton PT	9:15-12:00 Swim Lessons	
10:30-11:15 Deep Water Jog				10:30-11:15 Deep Water Jog		
11:30-1:15 Adult Lap				10:30-1:15 Adult Lap		11:30-1:15 Adult Lap
	11:45-1:15 Adult Lap	11:30-1:15 Adult Lap				
1:30-2:15 Water Movement	1:15-2:15 Silver Sneaker Splash	1:30-2:15 Aqua Cycle	1:30-2:15 Silver Sneaker Splash	1:15-2:15 Water Movement	12:15-3:00 Open Swim	10:15-12:00 Adult Lap
2:30-4:00 Afterschool	2:30-4:00 Afterschool	2:30-3:30 Layton PT	2:30-4:00 Afterschool	2:30-4:00 Afterschool		
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 MHS Swim Team	CLOSED	12:15-3:00 Open Swim
5:15-6:30 Otters Swim Team	5:00-6:45 Swim Lessons	5:15-6:30 Otters Swim Team	5:00-6:45 Swim Lessons	5:15-6:45 Otters Swim Team		
	6:00-6:45 Aquacise					
6:30-7:15 Deep Water Bootcamp	6:45-7:45 Otters Swim Team	6:45-7:30 Aqua HIIT	6:45-7:45 Otters Swim Team	6:45-7:30 Open Swim		
7:30-8:45 ½ Adult Lap ½ MHS Swim Team	7:45-8:45 ½ Adult Lap ½ MHS Swim Team	7:45-8:45 ½ Adult Lap ½ MHS Swim Team	7:45-8:45 ½ Adult Lap ½ MHS Swim Team	7:45-8:45 Adult Lap		

East End YMCA

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