

MAIN (Lap) POOL SCHEDULE

May 1-31st

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	5:15-8:30am Teen & Adult Lap Swim	5:15-8:30am Teen & Adult Lap Swim	5:15-8:30am Teen & Adult Lap Swim	5:15-8:30am Teen & Adult Lap Swim	5:15-8:30am Teen & Adult Lap Swim	6:15-8:15am Teen & Adult Lap
10:15-12:00pm Teen & Adult Lap Swim	8:30-9:15am Arthritis Exercise	8:30-9:15am Water Fitness	8:30-9:15am Arthritis Exercise	8:30-9:15am Water Fitness	8:30-9:15am Arthritis Exercise	8:15-9:00am Water Fitness
	9:15-10:00am Water Fitness	9:15-10:00am Water Fitness	9:15-10:00am Water Fitness	9:15-10:00am Water Fitness	9:15-10:00am Water Fitness	9:00-9:45am Aqua Zumba
	10:00-10:45am Arthritis Exercise	10:00-10:45am Water Fitness	10:00-10:45am Arthritis Exercise	10:00-10:45am Water Fitness	10:00-10:45am Arthritis Exercise	10:00-noon Open Swim
	10:45-11:30am Water Fitness	10:45-1:30pm Adult Lap	10:45-11:30am Water Fitness	10:45-noon:5/7 CLOSED: Boat Races 10:45-12:00pm	10:45-11:30am Water Fitness	10:00-noon starting 5/9
	11:30-1:30pm		11:30-1:30pm	Adult Lap	11:30-3:30pm Adult Lap	12:00-1:00pm
12:00-1:00pm CLOSED for Rentals Please call before	Adult Lap		Adult Lap	12:00-1:00pm CLOSED: Program		CLOSED for Rentals Please call before
1:00-2:30 Open Swim	1:30-2:15pm SilverSneakers Splash	1:30-2:15pm Silver Sneakers Splash	1:30-2:15pm SilverSneakers Splash	1:00-3:30pm Adult Lap		1:00-5:45pm Teen & Adult Lap
2:30-4:00pm Adult Lap	2:15-3:30pm Older Adult Lap	2:15-4:00pm Older Adult Lap	2:15-3:30pm Teen & Adult Lap			
	3:30-5:00pm CLOSED: SAW	3:30-5:00pm CLOSED: SAW	3:30-5:00pm CLOSED: SAW	3:30-5:00pm CLOSED: SAW	3:30-5:00pm CLOSED: SAW	
	5:00-5:45pm Teen & Adult Lap	5:00-5:45pm Teen & Adult Lap	5:00-6:00pm Teen & Adult Lap	5:00-5:45pm Teen & Adult Lap	5:00-6:00pm Teen & Adult Lap	
Summer Hours begin Sunday, May 31st	6:00-6:45pm Floating HITT	5:30-7:00pm Closed: Shared pool swim lessons	6:00-7:00pm CLOSED: Swim Lessons	5:30-7:00pm Closed: Shared pool swim lessons	6:00-8:00pm Open Swim	
	7:00-8:45pm Adult Lap	5:45-6:30pm Water Fitness	7:00-8:45pm Adult Lap	5:45-6:30pm Water Fitness		
		7:00-8:45pm Adult Lap		7:00-8:45pm Adult Lap	8-8:45pm Adult Lap	

Y closed: Sunday, May 24th & Monday, May 25th

Birthday Parties are BACK at the Y. The pool time will be 12-1pm on Saturdays and Sundays. If there is NO party, you are welcome to swim, please call the desk to find out prior if the pool will be open.

Updated: 4/16/26
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- Lap Swim: Lanes available on a first come basis. Please share lanes.**
- Family Swim: The pool will be divided shallow to deep. Parents must remain with their children.**
- Open Swim: The pool will be divided into shallow and deep. Open to all. Please see below for age guidelines.**
- 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.**
 - Ages 6-9 must be accompanied by an adult in the water. After passing the swim test, an adult must remain in the pool area.*
 - Ages 10-13 are allowed only in the shallow water until swim test is passed.*
 - Flotation Devices must be Coast Guard approved.**

Swim Test Policy: All children ages 13 and under must pass a safety swim test to swim in the deep area. Lifeguards, at their discretion, can test others.

For Up to Date information on Open Swim, Family Swim and Lap Swim times, visit our online calendar <https://www.lakecountymmca.org/centrallymainpoolschedule>