



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

POOL SCHEDULE

MAY 2026

This schedule is subject to change.

Shaded Areas

indicate program times where pool is closed.

Adaptive Aquatics

For individuals with special needs. Free to the community. Supervision required.

Adult Lap Swim

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

Teen Lap Swim

Circle swim directed by the Lifeguard on duty. Ages 13-18. Adults welcome.

Teen & Adult Lap Swim

Circle swim directed by the Lifeguard on duty. Ages 13 & up.

Open Swim

Pool divided between shallow & deep end. Open to all.

Deep Water Test

Must be taken by anyone under 18 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.

**CLOSED MEMORIAL DAY
MAY 25**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	5:15-7:50 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	
	8:10-9:00 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	9:00-11:00 CLOSED FOR	9:15-10:00 Aqua Step Bands & Bells	9:00-10:00 Layton PT	9:00-12:15 CLOSED FOR	10:15-12:00 Adult Lap
	10:30-11:15 Deep Water Jog		CLEANING		10:30-11:15 Deep Water Jog	CLEANING	
	11:30-1:15 Adult Lap	11:45-1:15 Adult Lap	11:00-1:00 Adult Lap	Adult Lap	11:30-1:15 Adult Lap		12:15-3:00
	1:15-2:15 Water Movement	1:15-2:15 Silver Sneaker Splash	1:15-2:15 Aqua Cycle	1:15-2:15 Silver Sneaker Splash	1:15-2:15 Water Movement	12:15-3:00	
	2:30-4:00 Afterschool	2:30-4:00 Afterschool	2:30-3:30 Layton PT	2:30-4:00 Afterschool	2:30-3:40 Afterschool	Open Swim	Open Swim
	4:00-6:30 Open Swim	4:00-5:00 Open Swim	4:00-6:30 Open Swim	4:00-5:00 Open Swim	4:00-6:30 Open Swim	CLOSED	
		5:00-6:45 Swim Lessons		5:00-6:45			
	6:30-7:15 Deep Water Bootcamp	7:00-8:45	6:45-7:30 Aqua HITT	7:00-8:45	6:45-8:45		
	7:30-8:45 Adult Lap	Adult Lap	7:30-8:45 Adult Lap	Adult Lap	Adult Lap		

East End YMCA

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