MAIN (Lap) POOL SCHEDULE

August 24-31st

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	7:15-8:15am Teen & Adult Lap
10:15-1:45pm 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	
	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	8:15-9:00am Water Fitness
	10:00-10:45am Arthritis Exercise	10:00-10:45am Water Fitness	10:00-10:45am Arthritis Exercise	10:00-5:45pm Adult Lap	10:00-10:45am Arthritis Exercise	9:00-9:45am Aqua Zumba
	10:45-11:30am Water Fitness	10:45-1:30pm Adult Lap	10:45-11:30am Water Fitness		10:45-11:30am Water Fitness	10:00-3:45pm Adult Lap
	11:30-1:30pm Adult Lap		11:30-1:30pm Adult Lap		11:30-3:30pm Adult Lap	
	1:30-2:15pm SilverSneakers Splash	1:30-2:15pm Silver Sneakers Splash	1:30-2:15pm SilverSneakers Splash			
	2:15-3:30pm Older Adult Lap	2:15-3:30pm Older Adult Lap	2:15-3:30pm Older Adult Lap			
	3:30-5:45pm Teen & Adult Lap	3:30-5:45pm Teen & Adult Lap	3:30-8:45pm Teen & Adult Lap		3:30-5:45pm Teen & Adult Lap	
		5:45-6:30pm Water Fitness		5:45-6:30pm Water Fitness		
	6:00-6:45pm Floating HITT	6:30-8:45pm Adutl Lap		6:30-8:45pm Adult Lap	6:00-8:00pm Open Swim	
	7:00-8:45pm Adult Lap				8:00-8:45pm Adult Lap	

Shaded Areas indicate registration is required, all other areas indicate space availability is on a first come basis.
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.lakecountyymca.org/centralymainpoolschedule

Updated: 8/3/26