



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

POOL SCHEDULE – OCTOBER 2026

SESSION 5

Sept.8-Oct.31, 2026

The 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.

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.

Swim Meets:

Occur on posted

Fridays and Saturdays

Oct. 24 is a swim meet

MHS Swim Team:

Starts 10/26/26

	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	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 Step	8:15-9:00 Aquacise	8:15-9:00 Aqua Cycle		
9:00 – 10:00 Layton PT		9:00-9:30 Pool Closed		9:00-10:00 Layton PT	9:15-12:00 Youth Swim Lessons		10:15-12:00 Adult Lap
10:00-10:30 Pool Closed	9:15-11:45 Gym & Swim	9:30-11:00 SAW Program	9:15-10 Aqua Yoga	10-10:30 Pool Closed			
10:30-11:15 Deep Water Jog	11:05-11:35 Parent/Child Swim Class	11:00-11:30 Pool Closed		10:30-11:15 Deep Water Jog			
11:30-1:15 Adult Lap	11:45-1:15 Adult Lap	11:30-1:00 Adult Lap	10:30-1:15 Adult Lap	11:30-1:15 Adult Lap			
1:15-2:15 Water Movement	1:15-2:15 Silver Sneaker Splash	1:00-1:25 Pool Closed	1:15-2:15 Silver Sneaker Splash	1:15-2:15 Water Movement	12:15-3:00 Open Swim		
		1:30-2:15 Aqua Cycle					
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			12:15 – 3:00 Open Swim
4:00-5:00 Open Swim	4:00-4:50 Open Swim	4:00-5:00 Open Swim	4:00-4:50 Open Swim	4:00-5:00 Open Swim	4:00-5:00 Open Swim MHS swim team 10/30/26	3:30-4:30 Birthday Rentals	
5:15-6:30 Otters	5:00-6:45 Swim Lessons	5:15-6:30 Otters	5:00-6:45 Swim Lessons	5:15-6:30 Otters			
6:30-7:15 Deep Water Bootcamp	6:00-6:45 Aquacise	6:45-7:30 Aqua HIIT		6:45-7:45 Otters	6:45 -7:45 Open Swim		
	6:45-7:45 Otters						
7:30-8:45 ½ Adult Lap ½ MHS	7:45-8:45 ½ Adult Lap ½ MHS	7:45-8:45 ½ Adult Lap ½ MHS	7:45-8:45 ½ Adult Lap ½ MHS	7:45-8:45 ½ Adult Lap ½ MHS	7:45-8:45 Adult Lap		

East End YMCA

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