



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

POOL SCHEDULE – NOVEMBER 2026

SESSION 6

Nov 2nd-December 19th, 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
Nov.7 is a swim meet
Nov.21 is a swim meet

	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		9:15-10:00AM Aqua Yoga		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	10:00-10:30AM Pool closed	9:15-10:00 Pool Closed	10-10:30 Pool Closed			
10:30-11:15 Deep Water Jog	11:05-11:35 Parent/Child Swim Class	10:30-1:00PM Adult Lap	10:15-1:15 Adult Lap	10:30-11:15 Deep Water Jog			
11:30-1:15 Adult Lap	11:45-1:15 Adult Lap			11:30-1:15 Adult Lap			
1:15-2:15 Water Movement	1:15-2:15 Silver Sneaker Splash	1:00-1:30 Pool Closed 1:30-2:15 Aqua Cycle	1:15-2:15 Silver Sneaker Splash	1:15-2:15 Water Movement	12:15-3:00 Open Swim		
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 MHS swim team	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 6:45-7:45 Otters	6:45-7:30 Aqua HIIT		6:45-7:45 Open swim			
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 Adult Lap			

East End YMCA

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