

MAIN (Lap) POOL SCHEDULE

November 1-30th

Pond Pool Schedule				Notched Pool		
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:15-3:00pm 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	5:15-8:30am Teen & Adult Lap Swim	6:15-8:15am Teen & Adult Lap
	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	9:15-10:00am	9:15-10:00am	9:15-11:00am Adult Lap/Adult Open shared	9:15-10:00am	9:00-9:45am
	Water Fitness	Water Fitness	Water Fitness		Water Fitness	Aqua Zumba
	10:00-10:45am	10:00-10:45am	10:00-10:45am		10:00-10:45am	9:00-Noon
12:00-1:00pm CLOSED for Rentals Please call before	Arthritis Exercise	Water Fitness	Arthritis Exercise		Arthritis Exercise	Closed: swim Lessons
10:45-11:30am Water Fitness		10:45-1:30pm Adult Lap	10:45-11:30am Water Fitness	11:00-12:00pm Adult Lap		
3:00-3:45pm Floating Pilates	11:30-1:30pm Adult Lap		11:30-1:30pm Adult Lap	12:00-1:00pm CLOSED: rental	11:30-6:00pm Teen & Adult Lap	Noon-1:00pm Teen & Adult Lap
	1:30-2:15pm SilverSneakers Splash	1:30-2:15pm Silver Sneakers Splash	1:30-2:15pm SilverSneakers Splash	1:00-5:00pm Adult Lap		12:00-1:00pm CLOSED for Rentals Please call before
	2:15-4:00pm Older Adult Lap	2:15-4:00pm Older Adult Lap	2:15-4:00pm Older Adult Lap			1:00-4:00pm Closed: Synchro
		SDO: Half Pool 2:30-3:30pm 3-Nov	SDO: Half Pool 2:30-3:30pm 25-Nov			4:00-5:45pm Teen & Adult Lap
	4:00-5:30pm Closed: Swim Lessons	4:00-5:00pm Closed: Swim Lessons	4:00-5:00pm Closed: Swim Lessons			
	4:00-5:45pm Adult Lap	5:00-5:30pm Adult Lap	4:00-6:00pm Adult Lap shared pool 3 lanes			
	shared pool 3 lanes					
		5:30-6:15pm Water Fitness	6:00-7:00pm Closed: Swim Lessons	5:30-6:15pm Water Fitness	6:00-8:00pm	
	Floating HITT	6:15-8:45pm Closed: Synchro	7:00-8:45pm	6:15-8:45pm Closed: Synchro	Open Swim	
	7:00-8:45pm Adult Lap		Adult Lap		8:00-8:45pm Adult Lap	

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.lakecountnymca.org/centrallymainpoolschedule>

Updated: 10/14/26