MAIN (Lap) POOL SCHEDULE

Novemeber 1-30th

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	6:15-8:15am Teen & Adult Lap
10:15-3:00pm 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	8:15-9:00am Water Fitness
	9:15-10:00am Water Fitness	9:15-10:00am Water Fitness	9:15-10:00am Water Fitness	9:15-11:00am Adult Lap/Adult Open shared	9:15-10:00am Water Fitness	9:00-9:45am Aqua Zumba
	10:00-10:45am Arthritis Exercise	10:00-10:45am Water Fitness	10:00-10:45am Arthritis Exercise		10:00-10:45am Arthritis Exercise	9:00-Noon Closed: swim Lessons
12:00-1:00pm **CLOSED for Rentals Please call before** 3:00-3:45pm Floating Pilates	10:45-11:30am Water Fitness	10:45-1:30pm Adult Lap	10:45-11:30am Water Fitness	11:00-12:00pm Adult Lap	10:45-11:30am Water Fitness	
	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	1:00-5:30pm 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-starting 11/14
			SDO: Half Pool 2:30-3:30pm 25-Nov			4:00-5:45pm Teen & Adult Lap
	4:00-5:30pm Closed: Swim Lessons	4:00-5:30pm Closed: Swim Lessons	4:00-5:00pm Closed: Swim Lessons			
	4:00-5:45pm Adult Lap shared pool 3 lanes		4:00-6:00pm Adult Lap shared pool 3 lanes			
		5:30-6:15pm Water Fitness		5:30-6:15pm Water Fitness		
	6:00-6:45pm Floating HITT	6:15-8:45pm Closed: Synchro	6:00-7:00pm Closed: Swim Lessons	6:15-8:45pm Closed: Synchro	6:00-8:00pm Open Swim	
	7:00-8:45pm Adult Lap		7:00-8:45pm 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.lakecountyymca.org/centralymainpoolschedule

Updated: 11/11/26