the YMCA

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

PROGRAM POOL SCHEDULE
NOVEMBER 2026

Family swim will be prioritized to families, members will still be able to open swim in family swim lanes

- Lifeguards are here for your safety and have final say on all matters; including rules, swim testing, and pool schedule
- Lane changes are made by the Lifeguards 5 minutes before the time indicates
- Please get equipment before entering the pool and please put equipment away after use
- Lap Swim Lanes are for lap swimming or water walking only (no stationary exercising); swimmers are expected to share lanes by lane splitting or circle swimming
- YMCA Private lessons may share open/lap swim lanes with members/guests during open hours; Group Swim Lesson lanes are closed to members/guests

MONDAY/WEDNESDAY	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5
5:30am – 6:30am	OPEN SWIM	LAP SWIM	LAP SWIM	LAP SWIM	YBAC (WED only)
6:30am – 7:30am	OPEN SWIM	LAP SWIM	LAP SWIM	HS SWIM	HS SWIM
7:30am – 8:00am	OPEN SWIM	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM
8:00am – 10:00am	WATER FITNESS				
10:00am – 11:00am	WATER FITNESS	WATER FITNESS	WATER FITNBESS	WATER FITNESS	LAP SWIM
11:00am – 3:30pm	OPEN SWIM	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM
3:30PM – 4:30PM	OPEN SWIM	YBAC SWIM TEAM	YBAC SWIM TEAM	YBAC SWIM TEAM	AFTERSCHOOL SWIM (WED ONLY)
4:30pm – 6:45pm	SWIM LESSONS	YBAC SWIM TEAM			
6:45pm – 7:00pm	SWIM LESSONS	YBAC SWIM TEAM	YBAC SWIM TEAM	LAP SWIM	LAP SWIM
7:00pm – 7:30pm	SWIM LESSONS	HS SWIM	HS SWIM	LAP SWIM	LAP SWIM
7:30pm – 7:45pm	OPEM SWIM	HS SWIM	HS SWIM	LAP SWIM	LAP SWIM
TUESDAY/THURSDAY	**LANE 1**	**LANE 2**	**LANE 3**	**LANE 4**	**LANE 5**
5:30am – 6:30am	OPEN SWIM	LAP SWIM	LAP SWIM	YBAC MASTER SWIM TEAM	
6:30am – 7:30am	OPEN SWIM	LAP SWIM	LAP SWIM	HS SWIM	HS SWIM
7:30am – 8:00am	OPEN SWIM	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM
8:00am – 10:00am	WATER FITNESS				
10:00am – 11:00am	WATER FITNESS	WATER FITNESS	WATER FITNESS	WATER FITNESS	LAP SWIM
11:00am – 3:30pm	OPEN SWIM	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM
3:30pm – 4:30pm	OPEN SWIM	YBAC SWIM TEAM			
4:30pm – 6:45pm	SWIM LESSONS	YBAC SWIM TEAM			
6:45pm – 7:00pm	SWIM LESSONS	YBAC SWIM TEAM		LAP SWIM	
7:00pm – 7:45pm	WATER FITNESS				LAP SWIM
FRIDAY	**LANE 1**	**LANE 2**	**LANE 3**	**LANE 4**	**LANE 5**
5:30am – 6:30 am	OPEN SWIM	LAP SWIM	LAP SWIM	LAP SWIM	YBAC SWIM TEAM
6:30am – 7:30am	OPEN SWIM	LAP SWIM	LAP SWIM	HS SWIM	HS SWIM
7:30am – 8:00am	OPEN SWIM	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM
8:00am – 10:00am	WATER FITNESS				
10:00am – 11:00am	WATER FITNESS	WATER FITNESS	WATER FITNESS	WATER FITNESS	LAP SWIM
11:00am – 3:30pm	OPEN SWIM	OPEN SWIM	LAP SWIM	LAP SWIM	LAP SWIM
3:30pm – 4:30pm	OPEN SWIM	YBAC SWIM TEAM	YBAC SWIM TEAM	YBAC SWIM TEAM	YBAC SWIM TEAM
4:30pm-6:45pm	SWIM LESSONS	YBAC SWIM TEAM	YBAC SWIM TEAM	YBAC SWIM TEAM	YBAC SWIM TEAM
6:45pm-7:00pm	OPEN SWIM	YBAC SWIM TEAM	YBAC SWIM TEAM	YBAC SWIM TEAM	LAP SWIM
7:00pm – 7:45pm	OPEN SWIM	HS SWIM	HS SWIM	HS SWIM	LAP SWIM
SATURDAY	**LANE 1**	**LANE 2**	**LANE 3**	**LANE 4**	**LANE 5**
7:00am – 8:30am	OPEN SWIM	LAP SWIM			
8:30am – 9:20am	WATER FITNESS	WATER FITNESS	WATER FITNESS	WATER FITNESS	LAP SWIM
9:20am – 10:00am	SWIM LESSONS				LAP SWIM
10:00am – 12:00pm	SWIM LESSONS			SWIM LESSONS	LAP SWIM
12:00pm – 1:00pm	FAMILY SWIM	FAMILY SWIM	LAP SWIM	LAP SWIM	LAP SWIM
1:00pm – 2:00pm	FAMILY SWIM	FAMILY SWIM	LAP SWIM	LAP SWIM	YBAC SWIM TEAM
2:00pm – 4:45 pm	FAMILY SWIM	FAMILY SWIM	LAP SWIM	LAP SWIM	LAP SWIM
SUNDAY	**LANE 1**	**LANE 2**	**LANE 3**	**LANE 4**	**LANE 5**
1:00pm – 4:45pm	FAMILY SWIM	FAMILY SWIM	LAP SWIM		

SCHEDULE IS SUBJECT TO CHANGE DUE TO CLOSURES, CANCELLATIONS, AND PROGRAMMING

SWIM TESTING POLICY:

All children ages 12 & Under are required to complete a swim test and must have an adult age 18 years or older present with them on deck. If a child is required to wear a lifejacket, there MUST be an adult age 19 years or older in the pool with them. Lifeguards have the authority to require any person, regardless of age and ability, to wear a lifejacket if deemed necessary.

Children who complete the swim test will receive a Swim Test Completion Card to be shown to the lifeguards to receive a swim band. If this card is not shown, children will be required to retake the swim test.

RED BAND

NON-SWIMMERS

PRIVILEGES:

- Lifejacket required
- Must remain in shallow end of the pool with an adult in the water within arms length

YELLOW BAND

TEST:

- Starting in the shallow end, swim a half length of the pool and back to the starting area without touching the bottom or walls of the pool
- Must exit the water unassisted without using the stairs or ladder

PRIVILEGES:

- May swim in the shallow end of the pool with an adult present on the deck
- No swim test is needed if child is tall enough where water is above their arm pits

GREEN BAND

TEST:

- Starting in deep end, must jump into the water, submerge above the head and resurface
- Swim a half length of the pool front crawl (freestyle)
- Tread water for 30 seconds
- Swim a half length of the pool back crawl (backstroke)
- Must exit the water unassisted without using the stairs or ladder

PRIVILEGES:

- May swim in the shallow and deep end with and adult present on the deck