



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# PROGRAM POOL SCHEDULE

## JUNE 9 – JUNE 30, 2025

**THE POOL WILL BE CLOSED 1:00PM – 3:00PM AND 5:00PM – 6:00PM  
MONDAY THROUGH FRIDAY FOR SUMMER PROGRAMMING**

**BEGINNING JUNE 23 1 ADDITIONAL LANE WILL BE CLOSED FOR SWIM LESSONS ON MONDAY/WEDNESDAY FROM 6:00PM – 7:30PM**

- 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 SWIM TEAM
6:30am – 7:55am	OPEN SWIM	LAP SWIM			
8:00am – 11:00am	WATER FITNESS				
11:00am – 1:00pm	OPEN SWIM	LAP SWIM			
1:00pm – 3:00pm	----- POOL CLOSED FOR SUMMER PROGRAMMING -----				
3:00pm – 5:00pm	LAP SWIM	YBAC SWIM TEAM			
5:00pm – 6:00pm	SWIM LESSONS	YBAC SWIM TEAM			
6:00pm – 6:45pm	SWIM LESSONS	LAP SWIM		YBAC SWIM TEAM	
6:45pm – 7:45pm	SWIM LESSONS		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 – 7:55am	OPEN SWIM	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM
8:00am – 11:00am	WATER FITNESS				
11:00am – 1:00pm	OPEN SWIM	LAP SWIM			
1:00pm – 3:00pm	----- POOL CLOSED FOR SUMMER PROGRAMMING -----				
3:00pm – 5:00pm	LAP SWIM	YBAC SWIM TEAM			
5:00pm – 6:00pm	SWIM LESSONS	YBAC SWIM TEAM			
6:00pm – 6:55pm	SWIM LESSONS	LAP SWIM		YBAC SWIM TEAM	
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 – 7:55am	OPEN SWIM	LAP SWIM			
8:00am – 11:00am	WATER FITNESS				
11:00am – 1:00pm	OPEN SWIM	LAP SWIM			
1:00pm – 3:00pm	----- POOL CLOSED FOR SUMMER PROGRAMMING -----				
3:05pm – 7:45pm	OPEN SWIM	LAP SWIM			
SATURDAY	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5
7:00am – 8:30am	OPEN	LAP SWIM			
8:30am – 9:20am	WATER FITNESS				
9:20am – 10:00am	SWIM LESSONS				LAP SWIM
10:00am – 12:30pm	SWIM LESSONS			LAP SWIM	LAP SWIM
12:30pm – 4:45pm	OPEN SWIM	OPEN SWIM	LAP SWIM	LAP SWIM	LAP SWIM
SUNDAY	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5
1:00pm – 4:45pm	OPEN SWIM	OPEN SWIM	LAP SWIM		

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

For questions about pool rental/party inquiries, please contact Briley Penner at [bpenner@acymca.org](mailto:bpenner@acymca.org) or (336) 395-9622 ext. 215