



POOL SCHEDULE



LAP SWIM

SUNDAY

7:00am - 3:00pm

MONDAY

6:30am - 8:00pm

TUESDAY

6:30am - 8:00pm

WEDNESDAY

6:30am - 8:00pm

THURSDAY

6:30am - 8:00pm

FRIDAY

6:30am - 8:00pm

SATURDAY

7:00am - 3:00pm

Sharing Expectation

Please note, only 4 lanes are available during Swim Club and Water Aerobics Class times.

Lap Lengths

The Y pool is 25 yards
70.4 lengths (35.2 laps) = 1 mile

FAMILY SWIM*

SUNDAY

1:00pm - 3:00pm

MONDAY

3:00pm - 8:00pm

TUESDAY

3:00pm - 8:00pm

WEDNESDAY

3:00pm - 8:00pm

THURSDAY

3:00pm - 8:00pm

FRIDAY

3:00pm - 8:00pm

SATURDAY

1:00pm - 3:00pm

*Kiddie pool is not included in the family swim times.

KIDDIE POOL*

Sunday

12:00pm - 3:00pm

Monday

12:00pm - 5:00pm

Tuesday

12:00pm - 5:00pm

Wednesday

12:00pm - 5:00pm

Thursday

12:00pm - 5:00pm

Friday

12:00pm - 5:00pm

SATURDAY

10:00am - 3:00pm

*Family swim is not included in the times the kiddie pool is open.

WATER FITNESS

MONDAY & TUESDAY

10:00am - 10:45am

FRIDAY

9:00am - 9:45am

ADDITIONAL INFO

Private Swimming Lessons

The Y offers private swimming lessons tailored to individual needs and abilities. *(Information available at the front desk.)*

Swimming Lessons

The Y offers swimming lessons for ages 6 months to adults. *(Information available at the front desk.)*

Wahoos Swim Club

Tuesday and Thursday
4:30pm - 5:30pm

Adult Swim Club

Tuesday and Thursday
8:00am - 9:00am

Pool Rules

- All swimmers are subject to a swim test before entering the pool. (Please see a lifeguard.)
- An adult must accompany children under the age of eight.
- A parent must accompany children who cannot swim or pass the swim test into the pool.
- Only Coast Guard approved floatation devices are allowed in the pool.

UPDATED APRIL 2022