



RECREATIONAL, ACTIVITY & LAP POOLS

January 5 – February 21, 2026

Updated: January 13th

Recreational Pool						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:15 - 2:30 PM Open Swim	6:00 - 8:00 AM Open swim	7:00 - 11:30 AM Open Swim	7:00 - 8:00 AM Open Swim	7:00 - 11:30 AM Open Swim	6:00 - 8:00 AM Open Swim	7:15 - 9:00 AM Open Swim
	8:00 - 9:00 AM Water Aerobics	11:30 - 12:30 PM Water Aerobics	8:00 - 9:00 AM Water Aerobics	11:30 - 12:30 PM Water Aerobics	8:00 - 9:00 AM Water Aerobics	9:00 - 11:00 AM Swim Lessons
	9:00 - 10:00 AM Open Swim	12:30 - 4:45 PM Open Swim	9:00 - 10:00 AM Open Swim	12:30 - 5:00 PM Open Swim	9:00 - 10:00 AM Open Swim	11:00 - 4:30 PM Open Swim
	10:00 - 11:00 AM Water Aerobics	4:45 - 6:00 PM Swim Lessons	10:00 - 11:00 AM Water Aerobics	5:00 - 7:00 PM Swim Lessons	10:00 - 11:00 AM Water Aerobics	
	11:00 - 5:30 PM Open Swim	6:00 - 7:30 PM Open Swim	11:00 - 1:00 PM Open Swim	7:00 - 7:30 PM Open Swim	11:00 - 1:00 PM Open Swim	
	5:30 - 7:30 PM Swim lessons/ Water Aerobics		1:00 - 2:00 PM Water Aerobics		1:00 - 2:00 PM Water Aerobics	
			2:00 - 4:15 PM Open swim		2:00 - 7:30 PM Open Swim	
			4:45 - 7:00 PM Swim Lessons/ Water Aerobics			
			7:00 - 7:30 PM Open Swim			
Activity Pool						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:15 - 11:00 AM CLOSED	7:00 - 3:30 PM CLOSED	7:00 - 3:30 PM CLOSED	7:00 - 3:30 PM CLOSED	7:00 - 3:30 PM CLOSED	7:00 - 3:30 PM CLOSED	7:15 - 11:00 AM CLOSED
11:00 - 2:30 PM OPEN	3:30 - 5:30 PM OPEN	3:30 - 4:00 PM OPEN	3:30 - 4:45 PM OPEN	3:30 - 4:15 PM OPEN	3:30 - 7:30 PM OPEN	11:00 - 4:30 PM OPEN
	5:30 - 7:30 PM CLOSED	4:00 - 6:00 PM CLOSED	4:45 - 7:00 PM CLOSED	5:00 - 7:00 PM CLOSED		
		6:00 - 7:30 PM OPEN	7:00 - 7:30 PM OPEN	7:00 - 7:30 PM OPEN		
Lap Pool						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:15 - 1:00 PM Open Swim	5:15 - 1:00 PM Open Swim	5:15 - 1:00 PM Open Swim	5:15 - 1:00 PM Open Swim	5:15 - 1:00 PM Open Swim	5:15 - 1:00 PM Open Swim	7:15 - 1:00 PM Open Swim
1:00 - 2:30 PM Closed	1:00 - 3:30 PM Closed	1:00 - 3:30 PM Closed	1:00 - 3:30 PM Closed	1:00 - 3:30 PM Closed	1:00 - 3:30 PM Closed	1:00 - 4:30 PM Closed
	3:30 - 7:00 PM Open Swim	3:30 - 7:00 PM Open Swim	3:30 - 7:00 PM Open Swim	3:30 - 7:00 PM Open Swim	3:30 - 7:00 PM Open Swim	

Schedule subject to change

- Children under the age of 8 must be accompanied by an adult in the water – within arm’s reach.
- The lifeguard must be present and has the authority to enforce any rule necessary to ensure a safe pool environment.
- Food, drink, and gum are not permitted in pool area (water bottles are OK).
- All life jackets must be Coast Guard approved.
- Inflatables are not permitted
- Please lock your belongings in a locker. The Y is not responsible for personal property that has been lost, damaged, or stolen.
- Whirlpool and sauna are available to those 16 and older.
- Non-toilet trained children must wear rubber pants or swim diaper. Swim diapers are available for purchase at the front
- Activity Pool: Kid splash / water feature zone
- Recreational Pool: Large area with basketball hoops and location of Water Aerobic Classes
- Therapy Pool: Resistance water flow