



# Small Pool Schedule

## JULY 8 – AUGUST 11, 2024

	MON	TUE	WED	THU	FRI	SAT	SUN
5:30 am	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED
7:00 am						CLOSED	
7:30 am	Adult Swim 7:30-8:30	Adult Swim 7:30-8:30	Adult Swim 7:30-8:30	Adult Swim 7:30-8:30	Adult Swim 7:30-8:30	Adult Swim 7:00-9:00	Adult Swim 8:00-10:00
8:00 am							
8:30 am	Sr Water Ex Class 8:30-9:15	SilverSneakers Splash Class 8:30-9:15	Sr Water Ex Class 8:30-9:15	SilverSneakers Splash Class 8:30-9:15	Arthritis Class 8:30-9:15	Family Swim 9:00-12:30	Family Swim 10:00-12:30
9:00 am							
9:15 am	Swim Lessons 9:15-10:00	Swim Lessons 9:15-10:00	Swim Lessons 9:15-10:00	Swim Lessons 9:15-10:00	Sr Water Ex Class 9:20-10:05	Family Swim 9:00-12:30	Family Swim 10:00-12:30
9:20 am							
10:00 am	Family Swim 10:00-12:00	Family Swim 10:00-12:00	Family Swim 10:00-12:00	Family Swim 10:00-12:00	Family Swim 10:05-12:00	Family Swim 9:00-12:30	Family Swim 10:00-12:30
10:05 am							
10:30 am							
12:00 pm	Adult Swim 12:00-1:30	Adult Swim 12:00-1:30	Adult Swim 12:00-1:30	Adult Swim 12:00-1:30	Adult Swim 12:00-1:30	CLOSED	CLOSED
12:30 pm							
12:45 pm							
1:30 pm	Summer Day Camp 1:30-3:30	Summer Day Camp 1:30-3:30	Summer Day Camp 1:30-3:30	Summer Day Camp 1:30-3:30	Family Swim 1:30-6:30	CLOSED	CLOSED
2:00 pm							
3:30 pm	Family Swim 3:30-5:00	Family Swim 3:30-5:00	Family Swim 3:30-5:00	Family Swim 3:30-5:00	Family Swim 1:30-6:30	CLOSED	CLOSED
4:00 pm							
5:00 pm	Swim Lessons 5:00-7:15	Swim Lessons 5:00-7:15	Swim Lessons 5:00-7:15	Swim Lessons 5:00-7:15	CLOSED	CLOSED	CLOSED
6:30 pm							
7:00 pm							
7:30 pm	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED

### AQUATIC CENTER – SMALL POOL RULES

Limit 25 bathers:

- Youth ages 11 and under must be accompanied by an adult in the Aquatic Center at all times.
- Scheduled programs have exclusive use of the small pool.
- YMCA Swim Lessons may be scheduled during Adult Swim times.

**ONLINE POOL  
SCHEDULE  
AVAILABLE AT  
[WWW.MFLDYMCA.ORG](http://WWW.MFLDYMCA.ORG)**



# Large Pool Schedule

## JULY 8 – AUGUST 11, 2024

	MON	TUE	WED	THU	FRI	SAT	SUN							
5:30 am	Lap Swim/ Adult Swim	Lap Swim/ Adult Swim	Lap Swim/ Adult Swim	Lap Swim/ Adult Swim 5:30-10:00	Lap Swim/ Adult Swim	CLOSED	CLOSED							
7:00 am	5:30-8:00	5:30-8:00	5:30-9:00		5:30-8:00									
8:00 am	Water Ex Class 8:00-9:00	Aqua Zumba Class 8:00-8:45	Water Ex Class 8:00-9:00		Aqua Zumba Class 8:00-8:45	Lap Swim/ Adult Swim 7:00-9:00	Lap Swim/ Adult Swim 8:00-10:00							
8:30 am		Lap Swim/ Adult Swim 8:45-10:00						Lap Swim/ Adult Swim 9:00-10:00						
8:45 am														
9:00 am	Lap Swim/ Adult Swim	Lap Swim/ Adult Swim	Lap Swim/ Adult Swim		Water Ex Class 9:00-10:00	Family Swim 9:00-12:30		Lap Swim/ Adult Swim 8:00-10:00						
9:30 am	9:00-10:00	8:45-10:00	9:00-10:00											
10:00 am	Swim Lessons	Swim Lessons	Swim Lessons		Swim Lessons				Lap Swim/ Adult Swim					
10:30 am	10:00-10:45	10:00-10:45	10:00-10:45		10:00-10:45				10:00-10:45					
10:45 am	Family Swim	Family Swim	Family Swim		Family Swim				Family Swim	Family Swim 10:00-12:30				
11:00 am	10:45-12:00	10:45-12:00	10:45-12:00	10:45-12:00	10:45-12:00									
12:00 pm	Lap Swim/ Adult Swim	Lap Swim/ Adult Swim	Lap Swim/ Adult Swim	Lap Swim/ Adult Swim	Lap Swim/ Adult Swim				CLOSED	CLOSED				
12:30 pm							12:00-1:30				12:00-1:30	12:00-1:30	12:00-1:30	12:00-1:30
1:00 pm														
1:30 pm	Summer Day Camp	Summer Day Camp	Summer Day Camp	Summer Day Camp	Family Swim 1:30-3:30									
2:00 pm	1:30-3:30	1:30-3:30	1:30-3:30	1:30-3:30										
3:30 pm	Swim Team 3:30-5:30	Swim Team 3:30-5:30	Swim Team 3:30-5:30	Swim Team 3:30-5:30	Swim Team 3:30-5:30									
4:30 pm														
5:00 pm														
5:30 pm	Swim Lessons 5:30-7:30	Swim Lessons 5:30-7:30	Swim Lessons 5:30-7:30	Swim Lessons 5:30-7:30	Family Swim 5:30-6:30									
6:00 pm														
6:30 pm					CLOSED									
7:30 pm	CLOSED	CLOSED	CLOSED	CLOSED										

### AQUATIC CENTER – LARGE POOL RULES

- Youth ages 11 and under must be accompanied by an adult in the Aquatic Center at all times.
- During scheduled programs, one lap lane will be available for lap swim/adult swim.
- YMCA Swim Lessons may be scheduled during Adult Swim times.

**ONLINE POOL  
SCHEDULE  
AVAILABLE AT  
[WWW.MFLDYMCA.ORG](http://WWW.MFLDYMCA.ORG)**