



# Small Pool Schedule

## SEPTEMBER 23 – OCTOBER 27, 2024

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

## SEPTEMBER 23 – OCTOBER 27, 2024

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

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