



Small Pool Schedule

JANUARY 6 – FEBRUARY 2, 2025

	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	AOA Water Exercise Class 8:30-9:15	Aqua Splash Class 8:30-9:15	AOA 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	CLOSED	CLOSED	Aqua Splash Class 9:30-10:15	Swim Lessons 9:30-10:40	AOA Water Exercise Class 9:20-10:05		Swim Lessons 9:00-10:30	
9:15 am								
9:30 am								
10:15 am			CLOSED	CLOSED	CLOSED	CLOSED	Family Swim 10:30-3:30	
10:30 am								
12:00 pm			AOA Water Exercise Class 12:00-12:45					
12:30 pm								
12:45 pm			CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	Family Swim 10:00-3:30
1:00 pm								
2:00 pm								
3:30 pm	Family Swim 3:30-5:00	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	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED		
7:30 pm								

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**



Large Pool Schedule

JANUARY 6 – FEBRUARY 2, 2025

	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			Aqua Zumba Class 8:00-8:45	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		Lap Swim/ Adult Swim 8:00-10:00
8:30 am										
8:45 am		Lap Swim/ Adult Swim 10:00-3:30			Lap Swim/ Adult Swim 10:00-3:30	Lap Swim/ Adult Swim 10:00-3:30	Lap Swim/ Adult Swim 10:00-3:30			
9:00 am	Lap Swim/ Adult Swim 10:00-3:30		Lap Swim/ Adult Swim 10:00-3:30	Lap Swim/ Adult Swim 10:00-3:30				Lap Swim/ Adult Swim 10:00-3:30		
9:30 am		Lap Swim/ Adult Swim 10:00-3:30			Lap Swim/ Adult Swim 10:00-3:30	Lap Swim/ Adult Swim 10:00-3:30	Lap Swim/ Adult Swim 10:00-3:30			
10:00 am	Lap Swim/ Adult Swim 10:00-3:30		Lap Swim/ Adult Swim 10:00-3:30	Lap Swim/ Adult Swim 10:00-3:30				Lap Swim/ Adult Swim 10:00-3:30		
10:30 am		Lap Swim/ Adult Swim 10:00-3:30			Lap Swim/ Adult Swim 10:00-3:30	Lap Swim/ Adult Swim 10:00-3:30	Lap Swim/ Adult Swim 10:00-3:30			
11:00 am	Lap Swim/ Adult Swim 10:00-3:30		Lap Swim/ Adult Swim 10:00-3:30	Lap Swim/ Adult Swim 10:00-3:30				Lap Swim/ Adult Swim 10:00-3:30		
12:00 pm		Lap Swim/ Adult Swim 10:00-3:30			Lap Swim/ Adult Swim 10:00-3:30	Lap Swim/ Adult Swim 10:00-3:30	Lap Swim/ Adult Swim 10:00-3:30			
1:00 pm	Lap Swim/ Adult Swim 10:00-3:30		Lap Swim/ Adult Swim 10:00-3:30	Lap Swim/ Adult Swim 10:00-3:30				Lap Swim/ Adult Swim 10:00-3:30		
2:00 pm		Lap Swim/ Adult Swim 10:00-3:30			Lap Swim/ Adult Swim 10:00-3:30	Lap Swim/ Adult Swim 10:00-3:30	Lap Swim/ Adult Swim 10:00-3:30			
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		
4:30 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			
5:30 pm	Swim Lessons 5:30-7:30		Water Exercise Class 5:30-6:30	Swim Lessons 5:30-7:30				Water Exercise Class 5:30-6:30	Family Swim 5:30-7:30	CLOSED
6:00 pm		Swim Lessons 6:30-7:30	Swim Lessons 5:30-7:30		Swim Lessons 6:30-7:30					
6:30 pm						Swim Lessons 6:30-7:30	Swim Lessons 6:30-7:30			
7:00 pm								Swim Lessons 6:30-7:30		
7:30 pm	CLOSED	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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