



Small Pool Schedule

FEBRUARY 3 – MARCH 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	Adult Swim 8:00-10:00
9:00 am							
9:15 am	Adult Swim 9:15-11:30	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	Swim Lessons 9:00-10:30
9:30 am			Adult Swim 10:15-11:30				
10:15 am							
10:30 am							
11:30 am	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	Family Swim 10:30-3:30	Family Swim 10:00-3:30
12:00 pm			AOA Water Exercise Class 12:00-12:45				
12:30 pm							
12:45 pm							
1:00 pm			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 3:30-7:30	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			
6:00 pm							
7:00 pm	CLOSED	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

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

**ONLINE POOL
SCHEDULE
AVAILABLE AT
WWW.MFLDYMCA.ORG**