



Small Pool Schedule

APRIL 13 – APRIL 19, 2026

	MON	TUE	WED	THU	FRI	SAT	SUN
5:30 am	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED
6:00 am	Adult Swim 6:00-8:30	Adult Swim 6:00-8:30	Adult Swim 6:00-8:30	Adult Swim 6:00-8:30	Adult Swim 6:00-8:30		
7:00 am							
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	YMCA HEALTHY KIDS DAY 9:00-12:00	Adult Swim 8:00-10:00
9:00 am							
9:15 am		Adult Swim 9:15-10:00	Aqua Splash Class 9:30-10:15	Adult Swim 9:15-10:30	AOA Water Exercise Class 9:20-10:05		
9:30 am	AOA Water Exercise Class 9:30-10:15	CLOSED	CLOSED		CLOSED		
10:00 am	CLOSED			CLOSED		CLOSED	CLOSED
10:15 am		Adult Swim 11:20-2:30	Adult Swim 11:20-2:30		Adult Swim 11:20-2:30		
10:30 am				Adult Swim 11:40-12:00		AOA Water Exercise Class	Adult Swim 11:20-2:30
11:00 am	Adult Swim 11:20-2:30	Adult Swim 11:20-2:30	Adult Swim 12:45-2:30		Adult Swim 11:20-2:30		
12:00 pm							
12:30 pm							
12:45 pm							
1:00 pm	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	Family Swim 1:30-3:30	
1:30 pm							
2:30 pm	Family Swim 3:30-5:00	CLOSED	CLOSED	Family Swim 3:30-5:00	Family Swim 3:30-7:30	POOL CLOSES AT 3:30	POOL CLOSES AT 3:30
3:30 pm							
4:30 pm							
5:00 pm	Swim Lessons 5:00-7:30	Swim Lessons 5:00-7:30	Swim Lessons 5:00-7:30	Swim Lessons 5:00-7:30			
5:30 pm							
6:30 pm							
7:30 pm	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED		

AQUATIC CENTER – SMALL POOL RULES

Limit 25 bathers:

- Youth ages 6 and under must be accompanied by an adult in the water at arms’ reach, regardless of swim ability or use of life jackets.
- Youth ages 11 and under must be accompanied and directly supervised by an adult while in the Aquatic Center at all times.
- Schedule is subject to change. We reserve the right to schedule programs and special events. 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**



Large Pool Schedule

APRIL 13 – APRIL 19, 2026

	MON	TUE	WED	THU	FRI	SAT	SUN	
5:30 am	Lap Swim/ Adult Swim 5:30-8:00	Lap Swim/ Adult Swim 5:30-10:30	Lap Swim/ Adult Swim 5:30-8:00	Lap Swim/ Adult Swim 5:30-10:30	Lap Swim/ Adult Swim 5:30-8:00	CLOSED	CLOSED	
6:00 am								
7:00 am								
8:00 am	Water Exercise Class 8:00-9:00		Water Exercise Class 8:00-9:00		Lap Swim/ Adult Swim 5:30-10:30	Water Exercise Class 8:00-9:00	Lap Swim/ Adult Swim 7:00-9:00	Lap Swim/ Adult Swim 8:00-10:00
8:30 am								
9:00 am	Lap Swim/ Adult Swim 9:00-10:15		Family Swim 10:30-12:00		Adult Swim 9:00-10:30	Family Swim 10:30-12:00	Family Swim 10:30-12:00	YMCA HEALTHY KIDS DAY 9:00-12:00
9:30 am								
10:00 am	Aqua Zumba Class 10:15-11:00							
10:30 am	Family Swim 11:00-12:00	Family Swim 10:30-12:00	Family Swim 10:30-12:00	Family Swim 10:30-12:00	Lap Swim/ Adult Swim 9:00-4:30	Family Swim 12:00-3:30	Family Swim 10:00-3:30	
11:00 am								
11:30 am								
12:00 pm	Lap Swim/ Adult Swim 12:00-3:30	Lap Swim/ Adult Swim 12:00-3:30	Lap Swim/ Adult Swim 12:00-3:30	Lap Swim/ Adult Swim 12:00-3:30	Lap Swim/ Adult Swim 9:00-4:30	Family Swim 12:00-3:30	Family Swim 10:00-3:30	
1:00 pm								
2:00 pm								
3:00 pm								
3:30 pm	Family Swim 3:30-5:30	Family Swim 3:30-5:30	Family Swim 3:30-5:30	Family Swim 3:30-5:30	Family Swim 4:30-7:30	POOL CLOSES AT 3:30	POOL CLOSES AT 3:30	
4:30 pm								
5:00 pm								
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 4:30-7:30	POOL CLOSES AT 3:30	POOL CLOSES AT 3:30	
6:00 pm		Swim Lessons 6:30-7:30		Swim Lessons 5:30-7:30				Swim Lessons 6:30-7:30
6:30 pm								
7:00 pm								
7:30 pm	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	

AQUATIC CENTER – LARGE POOL RULES

- Youth ages 6 and under must be accompanied by an adult in the water at arms' reach, regardless of swim ability or use of life jackets.
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