

Small Pool Schedule

JULY 7 – JULY 20, 2025

	MON	TUE	WED	THU	FRI	SAT	SUN
5:30 am	Adult Swim 5:30–8:30	Adult Swim 5:30–8:30	Adult Swim 5:30–8:30	Adult Swim 5:30–8:30	Adult Swim 5:30–8:30	CLOSED	CLOSED
6:00 am							
7:00 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 7:00–10:00	Adult Swim 8:00–10:00
9:00 am							
9:15 am	Swim Lessons 9:15–10:40	Swim Lessons 9:15–11:30	Aqua Splash Class 9:30–10:15	Swim Lessons 9:15–10:40	AOA Water Exercise Class 9:20–10:05		
9:30 am							
10:00 am							
10:15 am			Family Swim 10:15–11:30		Family Swim 10:40–11:30	Adult Swim 10:05–11:30	
10:30 am	Adult Swim 10:40–11:30			Family Swim 10:00–12:30			Family Swim 10:00–12:30
11:00 am							
11:30 am	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	Family Swim 10:00–12:30	Family Swim 10:00–12:30
12:00 pm	Adult Swim 12:00–1:00	Adult Swim 12:00–1:00	AOA Water Exercise Class 12:00–12:45	Adult Swim 12:00–1:00	Adult Swim 12:00–1:00		
12:30 pm							
1:00 pm	Summer Day Camp 1:00–3:00	Summer Day Camp 1:00–3:00	Summer Day Camp 1:00–3:00	Summer Day Camp 1:00–3:00	CLOSED		
1:30 pm							
2:00 pm							
3:00 pm	Family Swim 3:00–5:00	Family Swim 3:00–5:00	Family Swim 3:00–5:00	Family Swim 3:00–5:00	Family Swim 1:30–6:30		
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	
6:30 pm							
7:30 pm	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.
- Schedule is subject to change. We reserve the right to schedule programs and special events. 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

JULY 7 – JULY 20, 2025

	MON	TUE	WED	THU	FRI	SAT	SUN		
5:30 am	Lap Swim/ Adult Swim 5:30–8:00	Lap Swim/ Adult Swim 5:30–10:00	Lap Swim/ Adult Swim 5:30–8:00	Lap Swim/ Adult Swim 5:30–10:00	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		Swim Lessons 9:15–10:40	Swim Lessons 10:00–10:40	Water Exercise Class 8:00–9:00	Lap Swim/ Adult Swim 7:00–10:00	Lap Swim/ Adult Swim 8:00–10:00
8:30 am									
9:00 am	Lap Swim/ Adult Swim 9:00–10:15								
9:30 am									
10:00 am	Aqua Zumba Class 10:15–11:00	Swim Lessons 10:00–11:30	Family Swim 10:40–12:00	Family Swim 10:40–12:00	Lap Swim/ Adult Swim 9:00–1:00	Family Swim 10:00–12:30	Family Swim 10:00–12:30		
10:30 am									
11:00 am	Family Swim 11:00–12:00	Family Swim 11:30–12:00							
11:30 am									
12:00 pm	Adult Swim 12:00–1:00	Adult Swim 12:00–1:00	Adult Swim 12:00–1:00	Adult Swim 12:00–1:00	Lap Swim/ Adult Swim 9:00–1:00	Family Swim 10:00–12:30	Family Swim 10:00–12:30		
12:30 pm									
1:00 pm	Summer Day Camp 1:00–3:00	Summer Day Camp 1:00–3:00	Summer Day Camp 1:00–3:00	Summer Day Camp 1:00–3:00	Lap Swim/ Adult Swim 9:00–1:00	Family Swim 10:00–12:30	Family Swim 10:00–12:30		
2:00 pm									
3:00 pm	Family Swim 3:00–3:30	Family Swim 3:00–3:30	Family Swim 3:00–3:30	Family Swim 3:00–3:30	Family Swim 1:00–6:30	Family Swim 10:00–12:30	Family Swim 10:00–12:30		
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									
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 1:00–6:30	Family Swim 10:00–12:30	Family Swim 10:00–12:30		
6:30 pm									
7:30 pm	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	POOL CLOSES AT 12:30	POOL CLOSES AT 12:30		

AQUATIC CENTER – LARGE POOL RULES

- Youth ages 11 and under must be accompanied by an adult 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
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