



Small Pool Schedule

JUNE 1 – JUNE 7, 2026

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

JUNE 1 – JUNE 7, 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 7:00-10:30
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		
9:30 am								
10:00 am	Aqua Zumba Class 10:15-11:00							
10:30 am	Family Swim 11:00-12:00	Lap Swim/ Adult Swim 12:00-4:30	Family Swim 10:30-12:00	Family Swim 10:30-12:00	Lap Swim/ Adult Swim 9:00-4:30	Family Swim 10:30-12:30	Family Swim 10:00-12:30	
11:00 am								
11:30 am								
12:00 pm	Lap Swim/ Adult Swim 12:00-4:30	Lap Swim/ Adult Swim 12:00-4:30	Lap Swim/ Adult Swim 12:00-4:30	Lap Swim/ Adult Swim 12:00-4:30	Family Swim 4:30-6:30	POOL CLOSES AT 12:30	POOL CLOSES AT 12:30	
12:30 pm								
2:00 pm								
3:00 pm								
3:30 pm								
4:30 pm	Swim Team 4:30-5:30	Swim Team 4:30-5:30	Swim Team 4:30-5:30	Swim Team 4:30-5:30	Family Swim 4:30-6:30	POOL CLOSES AT 12:30	POOL CLOSES AT 12:30	
5:00 pm								
5:30 pm	Swim Lessons 5:30-7:30	Family Swim 5:30-7:30	Family Swim 5:30-7:30	Family Swim 5:30-7:30	CLOSED			
6:00 pm								
6:30 pm								
7:00 pm								
7:30 pm	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.
- 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.

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