

Small Pool Schedule

SEPTEMBER 1 – SEPTEMBER 7, 2025

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

SEPTEMBER 1 – SEPTEMBER 7, 2025

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