



Small Pool Schedule

OCTOBER 28 – NOVEMBER 3, 2024

	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	Senior Water Exercise Class 8:30-9:15	SilverSneakers Splash Class 8:30-9:15	Senior 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	
9:00 am							
9:15 am	CLOSED	CLOSED	SilverSneakers Splash Class 9:30-10:15	CLOSED	Senior Water Exercise Class 9:20-10:05	Family Swim 9:00-3:30	
9:30 am							
10:15 am			CLOSED				
10:30 am							
12:00 pm			Senior Water Exercise Class 12:00-12:45				
12:30 pm			CLOSED				
12:45 pm							
1:00 pm							
2:00 pm							
3:30 pm			Family Swim 3:30-5:00		Family Swim 3:30-7:30		Family Swim 3:30-7:30
4:00 pm							
5:00 pm	Swim Lessons 5:00-7:15						
6:00 pm							
7:00 pm							
7:30 pm	CLOSED	CLOSED	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.
- 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

OCTOBER 28 – NOVEMBER 3, 2024

	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 5:30-3:30	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			Water Exercise Class 9:00-10:00	Lap Swim/ Adult Swim 10:00-3:30	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	Family Swim 9:00-3:30
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	CLOSED				
9:00 am	Swim Lessons 5:30-7:30		Family Swim 5:30-7:30	Family Swim 5:30-6:30					Family Swim 5:30-7:30			
9:30 am		Family Swim 6:30-7:30			Family Swim 6:30-7:30	Family Swim 6:30-7:30	Family Swim 6:30-7:30					
10:00 am	CLOSED		CLOSED	CLOSED				CLOSED				
10:30 am		CLOSED			CLOSED	CLOSED	CLOSED					
11:00 am	CLOSED		CLOSED	CLOSED				CLOSED				
12:00 pm		CLOSED			CLOSED	CLOSED	CLOSED					
1:00 pm	CLOSED		CLOSED	CLOSED				CLOSED				
2:00 pm		CLOSED			CLOSED	CLOSED	CLOSED					
3:30 pm	CLOSED		CLOSED	CLOSED				CLOSED				
4:30 pm		CLOSED			CLOSED	CLOSED	CLOSED					
5:30 pm	CLOSED		CLOSED	CLOSED				CLOSED				
6:00 pm		CLOSED			CLOSED	CLOSED	CLOSED					
6:30 pm	CLOSED		CLOSED	CLOSED				CLOSED				
7:00 pm		CLOSED			CLOSED	CLOSED	CLOSED					
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.
- 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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