

Small Pool Schedule

SEPTEMBER 8 – SEPTEMBER 21, 2025

	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 7:00–9:00	
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 8:00–10:00			
9:00 am										
9:15 am	Adult Swim 9:15–10:30	CLOSED	Aqua Splash Class 9:30–10:15	Swim Lessons 9:15–10:40	AOA Water Exercise Class 9:20–10:05	Swim Lessons 9:00–10:30				
9:30 am										
10:00 am										
10:15 am										
10:30 am	CLOSED			CLOSED	CLOSED	CLOSED	Family Swim 10:30–3:30	Family Swim 10:00–3:30		
12:00 pm				AOA Water Exercise Class 12:00–12:45						
12:30 pm										
12:45 pm										
1:30 pm										
2:30 pm										
3:30 pm			Family Swim 3:30–5:00		Family Swim 3:30–5:00					
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	Family Swim 5:30–7:30	POOL CLOSES AT 3:30	POOL CLOSES AT 3:30			
5:30 pm										
6:30 pm										
7:30 pm	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED					

AQUATIC CENTER – SMALL POOL RULES

Limit 25 bathers:

- Youth ages 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 8 – SEPTEMBER 21, 2025

	MON	TUE	WED	THU	FRI	SAT	SUN		
5:30 am	Lap Swim/ Adult Swim 5:30–8:00	Lap Swim/ Adult Swim 5:30–10:30	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		Lap Swim/ Adult Swim 5:30–10:30		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				Adult Swim 9:00–10:30				
9:30 am									
10:00 am	Aqua Zumba Class 10:15–11:00	Family Swim 10:30–12:00	Family Swim 10:30–12:00	Family Swim 10:30–12:00		Lap Swim/ Adult Swim 9:00–3:30			Family Swim 10:30–3:30
10:30 am									
11:00 am	Family Swim 11:00–12:00								
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					
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	Swim Team 3:30–5:30	POOL CLOSES AT 3:30	POOL CLOSES AT 3:30		
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 5:30–7:30				
6:30 pm									
7:30 pm	CLOSED	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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