

Small Pool Schedule

SEPTEMBER 22 – OCTOBER 5, 2025

	MON	TUE	WED	THU	FRI	SAT	SUN
5:30 am	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED
6:00 am							
7:00 am		Adult Swim 7:30–8:30				Adult Swim 8:00–10:00	
7:30 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 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	Family Swim 10:00–3:30
9:30 am							
10:00 am							
10:15 am							
10:30 am	CLOSED		CLOSED	CLOSED	CLOSED	Family Swim 10:30–3:30	
12:00 pm							
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	Family Swim 3:30–5:00		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 22 – OCTOBER 5, 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
10:30 am									
11:00 am	Family Swim 11:00–12:00	Lap Swim/ Adult Swim 12:00–3:30		Lap Swim/ Adult Swim 12:00–3:30	Lap Swim/ Adult Swim 12:00–3:30				
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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