

# Small Pool Schedule

## OCTOBER 13 – OCTOBER 19, 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									
8:00 am						Adult Swim 7:30–8:30			Adult Swim 7:00–9:00
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	Family Swim 10:30–3:30	Family Swim 10:00–3:30		
12:00 pm									
12:30 pm									
12:45 pm									
1:30 pm									
2:30 pm									
3:30 pm									
4:30 pm									
5:00 pm									
5:30 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	
6:30 pm									
7:30 pm	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](http://WWW.MFLDYMCA.ORG)**

# Large Pool Schedule

## OCTOBER 13 – OCTOBER 19, 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				Water Exercise Class 8:00–9:00		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		Lap Swim/ Adult Swim 9:00–4:30	Swim Lessons 9:00–10:30			
9:30 am											
10:00 am	Aqua Zumba Class 10:15–11:00										
10:30 am								Family Swim 10:00–3:30			
11:00 am	Family Swim 11:00–12:00	Family Swim 10:30–12:00	Family Swim 10:30–12:00	Family Swim 10:30–12:00							
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		Family Swim 10:30–3:30					
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 4:30–5:30	POOL CLOSES AT 3:30	POOL CLOSES AT 3:30				
4:30 pm											
5:00 pm											
5:30 pm	Swim Lessons 5:30–7:30	Swim Lessons 5:30–7:30	Swim Lessons 5:30–7:30	Water Exercise Class 5:30–6:30	Family Swim 5:30–7:30						
6:00 pm											
6:30 pm											
7:00 pm											
7:30 pm	CLOSED	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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