

Small Pool Schedule

OCTOBER 20 – OCTOBER 26, 2025

	MON	TUE	WED	THU	FRI	SAT	SUN	
5:30 am	CLOSED	CLOSED	Adult Swim 5:15–8:30	Adult Swim 5:30–7:30	CLOSED	CLOSED	CLOSED	
6:00 am								
7:00 am		Adult Swim 7:30–8:30		CLOSED		Adult Swim 7:00–9:00	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	Swim Lessons 9:00–10:30		
9:00 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			
9:15 am					Adult Swim 10:05–12:30			
9:30 am								
10:00 am								
10:15 am			Adult Swim 10:15–11:30					
10:30 am	CLOSED		CLOSED		Family Swim 10:30–3:30			
11:30 am	AOA Water Exercise Class 12:00–12:45							
12:00 pm	CLOSED							
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	CLOSED	POOL CLOSES AT 3:30	POOL CLOSES AT 3:30	
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
5:30 pm								
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**

Large Pool Schedule

OCTOBER 20 – OCTOBER 26, 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		Family Swim 10:30–3:30							
11:30 am													
12:00 pm													
1:00 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	Lap Swim/ Adult Swim 9:00–4:30	Family Swim 10:30–3:30							
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	Water Exercise Class 5:30–6:30	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		Swim Lessons 6:30–7:30		Swim Lessons 6:30–7:30									
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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