



Small Pool Schedule

DECEMBER 30, 2024 – JANUARY 5, 2025

	MON	TUE	WED	THU	FRI	SAT	SUN		
5:30 am	Adult Swim 5:30-8:30	YMCA CLOSED NEW YEARS EVE	YMCA CLOSED NEW YEARS DAY	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			Arthritis Aquatics Class 8:30-9:15	Arthritis Aquatics Class 8:30-9:15	Family Swim 9:30-11:30	Senior Water Exercise Class 9:20-10:05	Family Swim 9:00-3:30	Adult Swim 8:00-10:00
9:00 am	CLOSED								
9:15 am									
9:30 am									
10:00 am	Family Swim 12:00-7:30			CLOSED	CLOSED	CLOSED	Family Swim 12:00-7:30	Family Swim 9:00-3:30	Family Swim 10:00-3:30
10:30 am									
12:00 pm									
12:30 pm									
12:45 pm									
1:00 pm									
2:00 pm									
3:30 pm									
4:00 pm									
5:00 pm									
6:00 pm									
7:00 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.
- 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

DECEMBER 30, 2024 – JANUARY 5, 2025

	MON	TUE	WED	THU	FRI	SAT	SUN	
5:30 am	Lap Swim/ Adult Swim 5:30-9:00	YMCA CLOSED	YMCA CLOSED	Lap Swim/ Adult Swim 5:30-9:30	Lap Swim/ Adult Swim 5:30-8:00	CLOSED	CLOSED	
7:00 am					Aqua Zumba Class 8:00-8:45	Lap Swim/ Adult Swim 7:00-9:00		
8:00 am							Water Exercise Class 9:00-10:00	Lap Swim/ Adult Swim 8:00-10:00
8:30 am								
8:45 am								
9:00 am	Water Exercise Class 9:00-10:00			Family Swim 9:00-3:30	Lap Swim/ Adult Swim 8:00-10:00			
9:30 am								
10:00 am	Lap Swim/ Adult Swim 10:00-12:00					Family Swim 10:00-3:30		
10:30 am								
11:00 am	Family Swim 12:00-3:30			Family Swim 10:00-3:30	Family Swim 10:00-3:30			
12:00 pm								
1:00 pm								
2:00 pm	Swim Team 3:30-5:30			CLOSED	CLOSED			
3:30 pm								
4:30 pm	Family Swim 5:30-7:30	CLOSED	CLOSED					
5:30 pm								
6:00 pm								
6:30 pm								
7:00 pm	Family Swim 6:30-7:30	CLOSED	CLOSED					
7:30 pm								
7:30 pm	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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