

Small Pool Schedule

DECEMBER 22 – DECEMBER 28, 2025

	MON	TUE	WED	THU	FRI	SAT	SUN						
5:30 am	CLOSED	CLOSED	YMCA CLOSED CHRISTMAS EVE	YMCA CLOSED CHRISTMAS DAY	CLOSED	CLOSED	CLOSED						
6:00 am	Adult Swim 6:00–8:30	Adult Swim 6:00–8:30			Adult Swim 6:00–8:30								
7:00 am													
7:30 am													
8:00 am													
8:30 am	AOA Water Exercise Class 8:30–9:15	Aqua Splash Class 8:30–9:15			Arthritis Aquatics Class 8:30–9:15								
9:00 am													
9:15 am		Adult Swim 9:15–10:00			AOA Water Exercise Class 9:20–10:05	Adult Swim 9:00–10:30							
9:30 am	AOA Water Exercise Class 9:30–10:15												
10:00 am	CLOSED				CLOSED								
10:15 am								CLOSED					
10:30 am					Family Swim 10:30–12:30								
11:00 am	Adult Swim 11:20–2:30	Adult Swim 11:20–2:30			Adult Swim 11:20–2:30		Family Swim 12:30–3:30						
12:00 pm													
12:30 pm					POOL CLOSES AT 12:30								
12:45 pm													
1:30 pm													
2:30 pm	CLOSED	CLOSED						CLOSED					
3:30 pm	Family Swim 3:30–7:30	Family Swim 3:30–7:30			Family Swim 4:15–5:30		POOL CLOSES AT 3:30						
4:30 pm													
5:00 pm					CLOSED								
5:30 pm													
6:30 pm													
7:30 pm	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

DECEMBER 22 – DECEMBER 28, 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	YMCA CLOSED	YMCA CLOSED	Lap Swim/ Adult Swim 5:30–8:00	CLOSED	CLOSED		
6:00 am					Lap Swim/ Adult Swim 7:00–10:30	Lap Swim/ Adult Swim 8:00–10:00			
7:00 am									
8:00 am	Water Exercise Class 8:00–9:00						Lap Swim/ Adult Swim 9:00–10:15	Lap Swim/ Adult Swim 9:00–4:30	
8:30 am									
9:00 am									
9:30 am									
10:00 am	Aqua Zumba Class 10:15–11:00	Family Swim 10:30–12:00			Family Swim 9:00–4:30	Family Swim 10:30–3:30	Family Swim 10:00–3:30		
10:30 am									
11:00 am	Family Swim 11:00–12:00	Lap Swim/ Adult Swim 12:00–3:30			CHRISTMAS EVE	CHRISTMAS DAY	Swim Team 4:30–5:30	POOL CLOSES AT 3:30	POOL CLOSES AT 3:30
11:30 am									
12:00 pm									
1:00 pm									
2:00 pm									
3:00 pm									
3:30 pm	Swim Team 3:30–5:30	Swim Team 3:30–5:30			Water Exercise Class 5:30–6:30	Family Swim 5:30–7:30	Family Swim 5:30–7:30	POOL CLOSES AT 3:30	POOL CLOSES AT 3:30
4:30 pm									
5:00 pm									
5:30 pm	Family Swim 5:30–7:30	Family Swim 6:30–7:30			CLOSED				
6:00 pm									
6:30 pm									
7:00 pm									
7:30 pm	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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