

Small Pool Schedule

DECEMBER 29, 2025 – JANUARY 4, 2026

	MON	TUE	WED	THU	FRI	SAT	SUN	
5:30 am	CLOSED	CLOSED	YMCA CLOSED NEW YEAR'S EVE	YMCA CLOSED NEW YEAR'S 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			Adult Swim 7:00–10:30
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	Adult Swim 7:00–10:30	Adult Swim 8:00–10:00	
9:00 am								
9:15 am		Adult Swim 9:15–10:00			AOA Water Exercise Class 9:20–10:05			
9:30 am	AOA Water Exercise Class 9:30–10:15							
10:00 am		CLOSED			YMCA CLOSED	CLOSED	Family Swim 10:00–3:30	
10:15 am	CLOSED							
10:30 am								
11:00 am	Adult Swim 11:20–2:30							Adult Swim 11:20–2:30
12:00 pm								
12:30 pm								
12:45 pm								
1:30 pm								
2:30 pm	CLOSED	CLOSED			Adult Swim 1:30–3:30	POOL CLOSES AT 3:30	POOL CLOSES AT 3:30	
3:30 pm	Family Swim 3:30–7:30	Family Swim 3:30–5:30			Family Swim 3:30–7:30			
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 29, 2025 – JANUARY 4, 2026

	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								
8:30 am									
9:00 am									
9:30 am	Lap Swim/ Adult Swim 9:00–10:15								
10:00 am	Aqua Zumba Class 10:15–11:00	Family Swim 10:30–12:00			Lap Swim/ Adult Swim 9:00–4:30	Lap Swim/ Adult Swim 7:00–10:30	Family Swim 10:30–3:30	Family Swim 10:00–3:30	
10:30 am									
11:00 am	Family Swim 11:00–12:00								
11:30 am									
12:00 pm	Lap Swim/ Adult Swim 12:00–3:30	Lap Swim/ Adult Swim 12:00–3:30							NEW YEAR’S EVE
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 4:30–5:30				
4:30 pm									
5:00 pm									
5:30 pm	Family Swim 5:30–7:30	Water Exercise Class 5:30–6:30			Family Swim 5:30–7:30				
6:00 pm									
6:30 pm		Family Swim 6:30–7:30							
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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