

Small Pool Schedule

JANUARY 12 – JANUARY 25, 2026

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

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

JANUARY 12 – JANUARY 25, 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	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		Lap Swim/ Adult Swim 5:30–10:30		Water Exercise Class 8:00–9:00	Lap Swim/ Adult Swim 5:30–10:30	Water Exercise Class 8:00–9:00	Lap Swim/ Adult Swim 7:00–10:30	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	Lap Swim/ Adult Swim 9:00–4:30	Family Swim 10:30–3:30			Family Swim 10:00–3:30		
9:30 am												
10:00 am	Aqua Zumba Class 10:15–11:00		Family Swim 10:30–12:00					Family Swim 10:30–12:00	Family Swim 10:30–12:00		Family Swim 10:30–3:30	Family Swim 10:00–3:30
10:30 am												
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	Family Swim 10:00–3:30						
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			Swim Team 4:30–5:30	POOL CLOSES AT 3:30	POOL CLOSES AT 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	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					POOL CLOSES AT 3:30	POOL CLOSES AT 3:30	
6:00 pm												
6:30 pm		Swim Lessons 6:30–7:30		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.
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