

MARSHFIELD CLINIC HEALTH SYSTEM YMCA



# 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  |   |                                   |  |  |   |                            |                           |
| 7:00 am  | Adult Swim<br>6:00–8:30                   | Adult Swim<br>6:00–8:30           | Adult Swim<br>6:00–8:30                    | Adult Swim<br>6:00–8:30                  | Adult Swim<br>6:00–8:30                   |                            |                           |
| 7:30 am  |   |                                   |  |  |   |                            |                           |
| 8:00 am  |   |                                   |  |  |   |                            |                           |
| 8:30 am  | AOA Water<br>Exercise Class<br>8:30–9:15  | Aqua Splash<br>Class<br>8:30–9:15 | AOA Water<br>Exercise Class<br>8:30–9:15   | Arthritis<br>Aquatics Class<br>8:30–9:15 | Arthritis<br>Aquatics Class<br>8:30–9:15  | Adult Swim<br>7:00–10:30   | Adult Swim<br>8:00–10:00  |
| 9:00 am  |   |                                   |  |  |   |                            |                           |
| 9:15 am  |   | Adult Swim<br>9:15–10:00          |  |  |   |                            |                           |
| 9:30 am  | AOA Water<br>Exercise Class<br>9:30–10:15 |                                   | Aqua Splash<br>Class<br>9:30–10:15         | Adult Swim<br>9:15–10:30                 | AOA Water<br>Exercise Class<br>9:20–10:05 |                            |                           |
| 10:00 am |   |                                   |  |  |   |                            |                           |
| 10:15 am | CLOSED                                    |                                   | CLOSED                                     |  | CLOSED                                    |                            |                           |
| 10:30 am |   |                                   |  | CLOSED                                   |   |                            |                           |
| 11:00 am |   |                                   | Adult Swim<br>11:20–12:00                  |  |   | Family Swim<br>10:30–12:30 | Family Swim<br>10:00–3:30 |
| 12:00 pm |   |                                   | AOA Water<br>Exercise Class<br>12:00–12:45 |  |   |                            |                           |
| 12:30 pm | Adult Swim<br>11:20–2:30                  | Adult Swim<br>11:20–2:30          |  | Adult Swim<br>11:20–2:30                 | Adult Swim<br>11:20–2:30                  |                            |                           |
| 12:45 pm |   |                                   | Adult Swim<br>12:45–2:30                   |  |   |                            |                           |
| 1:00 pm  |   |                                   |  |  |   |                            |                           |
| 1:30 pm  |   |                                   |  |  |   |                            |                           |
| 2:30 pm  |   | CLOSED                            |  | CLOSED                                   |   | CLOSED                     | POOL<br>CLOSES<br>AT 3:30 |
| 3:30 pm  | CLOSED                                    | Family Swim<br>3:30–5:00          | CLOSED                                     | Family Swim<br>3:30–5:00                 |   |                            |                           |
| 4:30 pm  |   |                                   |  |  |   |                            |                           |
| 5:00 pm  |   |                                   |  |  |   |                            |                           |
| 5:30 pm  | Swim Lessons<br>5:00–7:30                 | Swim Lessons<br>5:00–7:30         | Swim Lessons<br>5:00–7:30                  | Swim Lessons<br>5:00–7:30                | Family Swim<br>5:30–7:30                  |                            |                           |
| 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](http://WWW.MFLDYMCA.ORG)

MARSHFIELD CLINIC HEALTH SYSTEM YMCA



# Large Pool Schedule

JANUARY 12 – JANUARY 25, 2026

|          | MON                                   | TUE                                   | WED                                   | THU                                   | FRI                                   | SAT                                  | SUN    |
|----------|---------------------------------------|---------------------------------------|---------------------------------------|---------------------------------------|---------------------------------------|--------------------------------------|--------|
| 5:30 am  |                                       |                                       | Lap Swim/<br>Adult Swim<br>5:30-8:00  | Lap Swim/<br>Adult Swim<br>5:30-8:00  | Lap Swim/<br>Adult Swim<br>5:30-8:00  | CLOSED                               |        |
| 6:00 am  | Lap Swim/<br>Adult Swim<br>5:30-8:00  |                                       |                                       |                                       |                                       |                                      | CLOSED |
| 7:00 am  |                                       |                                       |                                       |                                       |                                       |                                      |        |
| 8:00 am  | Water Exercise<br>Class<br>8:00-9:00  |                                       | Lap Swim/<br>Adult Swim<br>5:30-10:30 | Water Exercise<br>Class<br>8:00-9:00  | Lap Swim/<br>Adult Swim<br>5:30-10:30 | Water Exercise<br>Class<br>8:00-9:00 |        |
| 8:30 am  |                                       |                                       |                                       |                                       |                                       |                                      |        |
| 9:00 am  | Lap Swim/<br>Adult Swim<br>9:00-10:15 |                                       |                                       | Adult Swim<br>9:00-10:30              |                                       |                                      |        |
| 9:30 am  |                                       |                                       |                                       |                                       |                                       |                                      |        |
| 10:00 am | Aqua Zumba<br>Class<br>10:15-11:00    |                                       |                                       |                                       |                                       |                                      |        |
| 10:30 am |                                       |                                       |                                       |                                       |                                       |                                      |        |
| 11:00 am | Family Swim<br>11:00-12:00            | Family Swim<br>10:30-12:00            |                                       | Family Swim<br>10:30-12:00            | Family Swim<br>10:30-12:00            |                                      |        |
| 11:30 am |                                       |                                       |                                       |                                       |                                       |                                      |        |
| 12:00 pm |                                       |                                       |                                       |                                       |                                       |                                      |        |
| 1:00 pm  | Lap Swim/<br>Adult Swim<br>12:00-3:30 | Family<br>Swim<br>10:30-3:30         |        |
| 2:00 pm  |                                       |                                       |                                       |                                       |                                       |                                      |        |
| 3:00 pm  |                                       |                                       |                                       |                                       |                                       |                                      |        |
| 3:30 pm  |                                       |                                       |                                       |                                       |                                       |                                      |        |
| 4:30 pm  | Swim Team<br>3:30-5:30                |                                      |        |
| 5:00 pm  |                                       |                                       |                                       |                                       |                                       |                                      |        |
| 5:30 pm  |                                       | Water Exercise<br>Class<br>5:30-6:30  |                                       | Water Exercise<br>Class<br>5:30-6:30  | Water Exercise<br>Class<br>5:30-6:30  |                                      |        |
| 6:00 pm  | Swim Lessons<br>5:30-7:30             |                                       | Swim Lessons<br>5:30-7:30             |                                       |                                       |                                      |        |
| 6:30 pm  |                                       | Swim Lessons<br>6:30-7:30             |                                       | Swim Lessons<br>6:30-7:30             |                                       |                                      |        |
| 7:00 pm  |                                       |                                       |                                       |                                       |                                       |                                      |        |
| 7:30 pm  | CLOSED                                | CLOSED                                | 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.
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