

# Small Pool Schedule

## JANUARY 26 - FEBRUARY 8, 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 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		
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	Adult Swim 7:00-10:30	Adult Swim 8:00-10:00
9:00 am							
9:15 am		Adult Swim 9:15-10:00					
9:30 am	AOA Water Exercise Class 9:30-10:15		Aqua Splash Class 9:30-10:15	Adult Swim 9:15-10:30	AOA Water Exercise Class 9:20-10:05		
10:00 am							
10:15 am	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED		
10:30 am							
11:00 am			Adult Swim 11:20-12:00				Family Swim 10:30-12:30
12:00 pm			AOA Water Exercise Class 12:00-12:45				Family Swim 10:00-3:30
12:30 pm	Adult Swim 11:20-2:30	Adult Swim 11:20-2:30		Adult Swim 11:20-2:30	Adult Swim 11:20-2:30		
12:45 pm			Adult Swim 12:45-2:30				
1:00 pm							
1:30 pm							
2:30 pm	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED		
3:30 pm	CLOSED	Family Swim 3:30-5:00	CLOSED	Family Swim 3:30-5:00	CLOSED		
4:30 pm							
5:00 pm							
5:30 pm	Swim Lessons 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		
6:30 pm							
7:30 pm	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	POOL CLOSES AT 3:30	POOL CLOSES AT 3:30

### 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)

# Large Pool Schedule

## JANUARY 26 - FEBRUARY 8, 2026

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