



Small Pool Schedule

MARCH 3 - MARCH 16, 2025

	MON	TUE	WED	THU	FRI	SAT	SUN
5:30 am	Adult Swim 5:30-8:30	Adult Swim 5:30-8:30	Adult Swim 5:30-8:30	Adult Swim 5:30-8:30	Adult Swim 5:30-8:30	CLOSED	CLOSED
6:00 am							
7:00 am						Adult Swim 7:00-9:00	
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 8:00-10:00	
9:00 am							
9:15 am	Adult Swim 9:15-11:30	Family Swim 9:15-11:30	Aqua Splash Class 9:30-10:15	Swim Lessons 9:30-10:40	AOA Water Exercise Class 9:20-10:05	Swim Lessons 9:00-10:30	
9:30 am							
10:00 am			Adult Swim 10:05-11:30				
10:15 am							
10:30 am			Adult Swim 10:40-11:30				
11:00 am							
11:30 am	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	Family Swim 10:00-3:30	
12:00 pm	Adult Swim 12:00-1:00	Adult Swim 12:00-1:00	AOA Water Exercise Class 12:00-12:45	Adult Swim 12:00-1:00	Adult Swim 12:00-1:00		
12:30 pm						Family Swim 10:30-3:30	
1:00 pm	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED		
1:30 pm	Family Swim 1:30-5:00	Family Swim 1:30-5:00	Family Swim 1:30-5:00	Family Swim 1:30-5:00	Family Swim 1:30-7:30	POOL CLOSES AT 3:30	POOL CLOSES AT 3:30
3:30 pm							
4:00 pm							
5:00 pm	Swim Lessons 5:00-7:15	Swim Lessons 5:00-7:15	Swim Lessons 5:00-7:15	Swim Lessons 5:00-7:15			
7:00 pm							
7:30 pm	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED		

AQUATIC CENTER - SMALL POOL RULES

Limit 25 bathers:

- Youth ages 11 and under must be accompanied by an adult in the Aquatic Center at all times.
- Scheduled programs have exclusive use of the small pool.
- YMCA Swim Lessons may be scheduled during Adult Swim times.

**ONLINE POOL
SCHEDULE
AVAILABLE AT
WWW.MFLDYMCA.ORG**



Large Pool Schedule

MARCH 3 - MARCH 16, 2025

	MON	TUE	WED	THU	FRI	SAT	SUN					
5:30 am	Lap Swim/ Adult Swim 5:30-9:00	Lap Swim/ Adult Swim 5:30-8:00	Lap Swim/ Adult Swim 5:30-9:00	Lap Swim/ Adult Swim 5:30-3:30	Lap Swim/ Adult Swim 5:30-8:00	CLOSED	CLOSED					
7:00 am		Aqua Zumba Class 8:00-8:45			Water Exercise Class 9:00-10:00			Water Exercise Class 9:00-10:00	Lap Swim/ Adult Swim 10:00-3:30	Lap Swim/ Adult Swim 7:00-9:00		
8:00 am						Lap Swim/ Adult Swim 8:45-3:30	Lap Swim/ Adult Swim 10:00-3:30				Lap Swim/ Adult Swim 10:00-3:30	Family Swim 10:00-3:30
8:30 am												
8:45 am		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				
9:00 am	Water Exercise Class 9:00-10:00		Water Exercise Class 9:00-10:00	Water Exercise Class 9:00-10:00					Water Exercise Class 9:00-10:00	Swim Lessons 9:00-10:30		
9:30 am		Lap Swim/ Adult Swim 10:00-3:30			Lap Swim/ Adult Swim 10:00-3:30	Lap Swim/ Adult Swim 10:00-3:30	Lap Swim/ Adult Swim 10:00-3:30	Family Swim 10:30-3:30				
10:00 am	Swim Lessons 5:30-7:30		Swim Lessons 5:30-7:30	Swim Lessons 5:30-7:30					Swim Lessons 5:30-7:30	Family Swim 5:30-7:30		
10:30 am		Swim Lessons 6:30-7:30			Swim Lessons 6:30-7:30	Swim Lessons 6:30-7:30	Swim Lessons 6:30-7:30	Family Swim 5:30-7:30				
11:00 am	Swim Lessons 6:30-7:30		Swim Lessons 6:30-7:30	Swim Lessons 6:30-7:30					Swim Lessons 6:30-7:30	Family Swim 5:30-7:30		
12:00 pm		Swim Lessons 6:30-7:30			Swim Lessons 6:30-7:30	Swim Lessons 6:30-7:30	Swim Lessons 6:30-7:30	Family Swim 5:30-7:30				
1:00 pm	Swim Lessons 6:30-7:30		Swim Lessons 6:30-7:30	Swim Lessons 6:30-7:30					Swim Lessons 6:30-7:30	Family Swim 5:30-7:30		
2:00 pm		Swim Lessons 6:30-7:30			Swim Lessons 6:30-7:30	Swim Lessons 6:30-7:30	Swim Lessons 6:30-7:30	Family Swim 5:30-7:30				
3:30 pm	Swim Lessons 6:30-7:30		Swim Lessons 6:30-7:30	Swim Lessons 6:30-7:30					Swim Lessons 6:30-7:30	Family Swim 5:30-7:30		
4:30 pm		Swim Lessons 6:30-7:30			Swim Lessons 6:30-7:30	Swim Lessons 6:30-7:30	Swim Lessons 6:30-7:30	Family Swim 5:30-7:30				
5:30 pm	Swim Lessons 6:30-7:30		Swim Lessons 6:30-7:30	Swim Lessons 6:30-7:30					Swim Lessons 6:30-7:30	Family Swim 5:30-7:30		
6:00 pm		Swim Lessons 6:30-7:30			Swim Lessons 6:30-7:30	Swim Lessons 6:30-7:30	Swim Lessons 6:30-7:30	Family Swim 5:30-7:30				
6:30 pm	Swim Lessons 6:30-7:30		Swim Lessons 6:30-7:30	Swim Lessons 6:30-7:30					Swim Lessons 6:30-7:30	Family Swim 5:30-7:30		
7:00 pm		Swim Lessons 6:30-7:30			Swim Lessons 6:30-7:30	Swim Lessons 6:30-7:30	Swim Lessons 6:30-7:30	Family Swim 5:30-7:30				
7:30 pm	Swim Lessons 6:30-7:30		Swim Lessons 6:30-7:30	Swim Lessons 6:30-7:30					Swim Lessons 6:30-7:30	Family Swim 5:30-7:30		
		CLOSED			CLOSED	CLOSED	CLOSED	CLOSED			POOL CLOSES AT 3:30	POOL CLOSES AT 3:30
	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED							

AQUATIC CENTER - LARGE POOL RULES

- Youth ages 11 and under must be accompanied by an adult in the Aquatic Center at all times.
- 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**