

Small Pool Schedule

FEBRUARY 23 - MARCH 15, 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							
9:00 am	AOA Water Exercise Class	Aqua Splash Class	AOA Water Exercise Class	Arthritis Aquatics Class	Arthritis Aquatics Class		
9:15 am							
9:30 am	AOA Water Exercise Class 9:30-10:15	Adult Swim 9:15-10:00	Aqua Splash Class 9:30-10:15	Adult Swim 9:15-10:30	AOA Water Exercise Class		
10:00 am							
10:15 am		CLOSED	CLOSED	CLOSED	CLOSED		
10:30 am							
11:00 am			Adult Swim 11:40-12:00				
12:00 pm							
12:30 pm	Adult Swim 11:20-2:30	Adult Swim 11:20-2:30	AOA Water Exercise Class	Adult Swim 11:20-2:30	Adult Swim 11:20-2:30	Family Swim 10:30-12:30	Family Swim 10:00-3:30
12:45 pm							
1:00 pm			Adult Swim 12:45-2:30				
1:30 pm							
2:30 pm		CLOSED		CLOSED			
3:30 pm	CLOSED		CLOSED		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	POOL CLOSES AT 3:30	POOL CLOSES AT 3:30
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

Large Pool Schedule

FEBRUARY 23 - MARCH 15, 2026

	MON	TUE	WED	THU	FRI	SAT	SUN
5:30 am			Lap Swim/ Adult Swim 5:30-8:00	Lap Swim/ Adult Swim 5:30-8:00	Lap Swim/ Adult Swim 5:30-8:00	CLOSED	
6:00 am							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	
8:30 am						Lap Swim/ Adult Swim 7:00-10:30	
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		
11:30 am						Family Swim 10:30-3:30	
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						
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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