

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	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	Aqua Splash Class	AOA Water Exercise Class	Arthritis Aquatics Class	Arthritis Aquatics Class				
9:00 am									
9:15 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	Family Swim 10:30–12:30	Family Swim 10:00–3:30		
9:30 am									
10:00 am		CLOSED	CLOSED		CLOSED				
10:15 am									
10:30 am	Adult Swim 11:20–2:30		Adult Swim 11:20–2:30	Adult Swim 11:40–12:00				Adult Swim 11:20–2:30	Adult Swim 11:20–2:30
11:00 am		AOA Water Exercise Class							
12:00 pm		Adult Swim 12:45–2:30							
12:30 pm									
12:45 pm									
1:00 pm		CLOSED		CLOSED	CLOSED				
1:30 pm									
2:30 pm	CLOSED		Family Swim 3:30–5:00			CLOSED	Family Swim 3:30–5:00	Family Swim 5:30–7:30	
3:30 pm									
4:30 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	CLOSED			
5:00 pm									
5:30 pm									
6:30 pm	CLOSED	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

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 5:30–10:30	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				
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	Lap Swim/ Adult Swim 9:00–4:30	Family Swim 10:30–3:30	Family Swim 10:00–3:30		
10:30 am									
11:00 am	Family Swim 11:00–12:00								
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					
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				
6:00 pm									
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				

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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