



Small Pool Schedule

MARCH 16 – MARCH 22, 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			
7:00 am								
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	Aqua Splash Class 9:30-10:15	Adult Swim 9:15-10:30	AOA Water Exercise Class			
9:30 am	AOA Water Exercise Class 9:30-10:15							
10:00 am		CLOSED	CLOSED	CLOSED	CLOSED			
10:15 am	CLOSED							
10:30 am								
11:00 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	Family Swim 10:30-12:30	Family Swim 10:00-3:30	
12:00 pm			AOA Water Exercise Class					
12:30 pm								
12:45 pm			Adult Swim 12:45-2:30			CLOSED		
1:00 pm								
1:30 pm						Family Swim 1:30-3:30		
2:30 pm	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED			
3:30 pm	Family Swim 3:30-7:30	Family Swim 3:30-7:30		Family Swim 5:00-7:30	Family Swim 3:30-7:30	Family Swim 3:30-7:30	POOL CLOSES AT 3:30	POOL CLOSES AT 3:30
4:30 pm								
5:00 pm								
5:30 pm								
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

MARCH 16 – MARCH 22, 2026

	MON	TUE	WED	THU	FRI	SAT	SUN
5:30 am	Lap Swim/ Adult Swim 5:30-10:15	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 5:30-4:30	CLOSED	CLOSED
6:00 am			Water Exercise Class 8:00-9:00				
7:00 am						Adult Swim 9:00-10:30	
8:00 am			Family Swim 10:30-12:00				Family Swim 10:30-12:00
8:30 am							
9:00 am							
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 5:30-4:30	Family Swim 10:30-3:30	Family Swim 10:00-3:30
10:30 am							
11:00 am	Family Swim 11:00-12:00	Family Swim 10:30-12:00	Family Swim 10:30-12:00	Family Swim 10:30-12:00	Lap Swim/ Adult Swim 12:00-3:30	Family Swim 10:30-3:30	Family Swim 10:00-3:30
11:30 am							
12:00 pm	Lap Swim/ Adult Swim 12:00-3:30	Family Swim 10:30-3:30	Family Swim 10:00-3:30				
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	Family Swim 5:30-7:30	Water Exercise Class 5:30-6:30	Family Swim 5:30-7:30	Water Exercise Class 5:30-6:30	Family Swim 5:30-7:30	POOL CLOSES AT 3:30	POOL CLOSES AT 3:30
6:00 pm		Family Swim 6:30-7:30		Family Swim 6:30-7:30			
6:30 pm							
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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