

Small Pool Schedule

APRIL 21 – MAY 4, 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	Adult Swim 8:00–10:00	
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			
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	Adult Swim 10:40–11:30	Adult Swim 10:05–11:30	Family Swim 10:00–3:30		
10:15 am								
10:30 am								
11:00 am			Family Swim 10:30–3:30	Family Swim 10:30–3:30	Family Swim 10:30–3:30	Family Swim 10:30–3:30		
11:30 am	Family Swim 10:30–3:30	Family Swim 10:30–3:30					Family Swim 10:30–3:30	Family Swim 10:30–3:30
12:00 pm								
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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

APRIL 21 – MAY 4, 2025

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