



Small Pool Schedule

MARCH 23 – MARCH 29, 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 9:20-10:05		
9:30 am	AOA Water Exercise Class 9:30-10:15	CLOSED	CLOSED		CLOSED		
10:00 am							
10:15 am	CLOSED						
10:30 am				CLOSED			
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 12:00-12:45			CLOSED	
12:30 pm							
12:45 pm							
1:00 pm			Adult Swim 12:45-2:30				
1:30 pm						Family Swim 1:30-3:30	
2:30 pm	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED		
3:30 pm	Family Swim 3:30-5:00	Family Swim 3:30-5:00	CLOSED	Family Swim 3:30-5:00	Family Swim 3:30-7:30	POOL CLOSING AT 3:30	POOL CLOSING AT 3:30
4:30 pm							
5:00 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			
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 23 - MARCH 29, 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					Lap Swim/ Adult Swim 8:00-10:00
7:00 am						Adult Swim 9:00-10:30		
8:00 am							Aqua Zumba Class 10:15-11:00	
8:30 am								
9:00 am								
9:30 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 7:00-10:30	Lap Swim/ Adult Swim 8:00-10:00		
10:00 am								
10:30 am	Family Swim 10:30-12:00	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	
11:00 am								
11:30 am	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	Lap Swim/ Adult Swim 5:30-4:30	Family Swim 10:30-3:30	Family Swim 10:00-3:30	
12:00 pm								
1:00 pm								
2:00 pm								
3:00 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 4:30-7:30	POOL CLOSES AT 3:30	POOL CLOSES AT 3:30	
3:30 pm								
4:30 pm								
5:00 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 4:30-7:30	POOL CLOSES AT 3:30	POOL CLOSES AT 3:30	
5:30 pm		Swim Lessons 6:30-7:30		Swim Lessons 6:30-7:30				
6:00 pm								
6:30 pm								
7:00 pm	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	
7:30 pm								

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.
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