


Lap Pool

2025 FEBRUARY

SUN	MON	TUE	WED	THU	FRI	SAT
 <p>Pool and Sauna Hours Monday-Friday 5:30am-7:30pm Saturday- 7:30am -3:30pm Sunday 11:30am -4:30pm Day Swim Pass Open Swim 1:30pm-3:30pm</p>						1 LAP SWIM 7:30AM-3:30PM
2 LAP SWIM 11:30AM-4:30PM	3 LAP SWIM 5:30AM-8:30AM 2ND GR SWIM LESSONS 8:30AM-10:15AM OPEN SWIM 10:15AM-3:00PM SWIM TEAMS LANES 3-8 3:00PM-6:30PM LAP SWIM 6:30PM-7:30PM	4 LAP SWIM 5:30AM-8:30AM 2ND GR SWIM LESSONS 8:30AM-10:15AM OPEN SWIM 10:15AM-3:00PM SWIM TEAMS LANES 3-8 3:00PM-6:30PM LAP SWIM 6:30PM-7:30PM	5 LAP SWIM 5:30AM-8:30AM 2ND GR SWIM LESSONS 8:30AM-10:15AM OPEN SWIM 10:15AM-3:00PM SWIM TEAMS LANES 3-8 3:00PM-6:30PM LAP SWIM 6:30PM-7:30PM	6 LAP SWIM 5:30AM-8:30AM 2ND GR SWIM LESSONS 8:30AM-10:15AM OPEN SWIM 10:15AM-3:00PM SWIM TEAMS LANES 3-8 3:00PM-6:30PM LAP SWIM 6:30PM-7:30PM	7 LAP SWIM 5:30AM-8:30AM 2ND GR SWIM LESSONS 8:30AM-10:15AM OPEN SWIM 10:15AM-3:00PM SWIM TEAMS LANES 3-8 3:00PM-6:30PM LAP SWIM 6:30PM-7:30PM	8 LAP SWIM 7:30AM-3:30PM
9 LAP SWIM 11:30AM-4:30PM	10 LAP SWIM 5:30AM-8:30AM 2ND GR SWIM LESSONS 8:30AM-10:15AM OPEN SWIM 10:15AM-3:00PM SWIM TEAMS LANES 3-8 3:00PM-6:30PM LAP SWIM 6:30PM-7:30PM	11 LAP SWIM 5:30AM-8:30AM 2ND GR SWIM LESSONS 8:30AM-10:15AM OPEN SWIM 10:15AM-3:00PM SWIM TEAMS LANES 3-8 3:00PM-6:30PM LAP SWIM 6:30PM-7:30PM	12 LAP SWIM 5:30AM-8:30AM 2ND GR SWIM LESSONS 8:30AM-10:15AM OPEN SWIM 10:15AM-3:00PM SWIM TEAMS LANES 3-8 3:00PM-6:30PM LAP SWIM 6:30PM-7:30PM	13 LAP SWIM 5:30AM-8:30AM 2ND GR SWIM LESSONS 8:30AM-10:15AM OPEN SWIM 10:15AM-3:00PM SWIM TEAMS LANES 3-8 3:00PM-6:30PM LAP SWIM 6:30PM-7:30PM	14 LAP SWIM 5:30AM-8:30AM 2ND GR SWIM LESSONS 8:30AM-10:15AM OPEN SWIM 10:15AM-3:00PM SWIM TEAMS LANES 3-8 3:00PM-6:30PM LAP SWIM 6:30PM-7:30PM	15 LAP SWIM 7:30AM-3:30PM
16 LAP SWIM 11:30AM-4:30PM	17 LAP SWIM 5:30AM-3PM SWIM TEAMS LANES 3-8 3:00PM-6:30PM LAP SWIM LANES 1-2 3:00PM-6:30PM LAP SWIM 6:30PM-7:30PM	18 LAP SWIM 5:30AM-8:30AM 2ND GR SWIM LESSONS 8:30AM-10:15AM OPEN SWIM 10:15AM-3:00PM SWIM TEAMS LANES 3-8 3:00PM-6:30PM LAP SWIM 6:30PM-7:30PM	19 LAP SWIM 5:30AM-8:30AM 2ND GR SWIM LESSONS 8:30AM-10:15AM OPEN SWIM 10:15AM-3:00PM SWIM TEAMS LANES 3-8 3:00PM-6:30PM LAP SWIM 6:30PM-7:30PM	20 LAP SWIM 5:30AM-8:30AM 2ND GR SWIM LESSONS 8:30AM-10:15AM OPEN SWIM 10:15AM-3:00PM SWIM TEAMS LANES 3-8 3:00PM-6:30PM LAP SWIM 6:30PM-7:30PM	21 LAP SWIM 5:30AM-8:30AM 2ND GR SWIM LESSONS 8:30AM-10:15AM OPEN SWIM 10:15AM-3:00PM SWIM TEAMS LANES 3-8 3:00PM-6:30PM LAP SWIM 6:30PM-7:30PM	22 LAP SWIM 7:30AM-3:30PM
23 LAP SWIM 11:30AM-4:30PM	24 LAP SWIM 5:30AM-8:30AM 2ND GR SWIM LESSONS 8:30AM-10:15AM OPEN SWIM 10:15AM-3:00PM SWIM TEAMS LANES 3-8 3:00PM-6:30PM LAP SWIM 6:30PM-7:30PM	25 LAP SWIM 5:30AM-8:30AM 2ND GR SWIM LESSONS 8:30AM-10:15AM OPEN SWIM 10:15AM-3:00PM SWIM TEAMS LANES 3-8 3:00PM-6:30PM LAP SWIM 6:30PM-7:30PM	26 LAP SWIM 5:30AM-8:30AM 2ND GR SWIM LESSONS 8:30AM-10:15AM OPEN SWIM 10:15AM-3:00PM SWIM TEAMS LANES 3-8 3:00PM-6:30PM LAP SWIM 6:30PM-7:30PM	27 LAP SWIM 5:30AM-8:30AM 2ND GR SWIM LESSONS 8:30AM-10:15AM OPEN SWIM 10:15AM-3:00PM SWIM TEAMS LANES 3-8 3:00PM-6:30PM LAP SWIM 6:30PM-7:30PM	28 LAP SWIM 5:30AM-8:30AM 2ND GR SWIM LESSONS 8:30AM-10:15AM OPEN SWIM 10:15AM-3:00PM SWIM TEAMS LANES 3-8 3:00PM-6:30PM LAP SWIM 6:30PM-7:30PM	

*2 Lanes will always be open for lap swim

Warm Up Pool

SUN	MON	TUE	WED	THU	FRI	SAT
 <p>2025</p> <p>the</p> <p>YMCA</p> <p>Pool and Sauna Hours Monday-Friday 5:30am-7:30pm Saturday- 7:30am -3:30pm Sunday 11:30am -4:30pm Day Swim Pass Open Swim 1:30pm-3:30pm</p>						
						<p>1 OPEN SWIM 7:30AM-8:30AM SWIM LESSONS 8:30AM-11:00AM AQUA DANCE 11AM-12PM OPEN SWIM 12PM-3:30PM</p>
<p>2 OPEN SWIM 11:30AM-3:30PM</p>	<p>3 OPEN SWIM 5:30AM-8:30AM 2ND GR SWIM LESSONS 8:30AM-10:30AM AQUA STRETCH 10:30AM-11:30AM OPEN SWIM 11:30AM-1:00PM FOUNDATION KIDS 1:00PM-2:00PM OPEN SWIM 2:00PM-4:00PM SWIM LESSONS 4:00PM-6:30PM OPEN SWIM 6:30PM-7:30PM</p>	<p>4 OPEN SWIM 5:30AM-8:30AM 2ND GR SWIM LESSONS 8:30AM-10:30AM WATER AEROBICS 10:30AM-11:30AM OPEN SWIM 11:30AM-4:00PM SWIM LESSONS 4:00PM-6:30PM AQUA DANCE 6:30PM-7:30PM</p>	<p>5 OPEN SWIM 5:30AM-8:30AM 2ND GR SWIM LESSONS 8:30AM-10:30AM AQUA AEROBICS 10:30AM-11:30AM OPEN SWIM 11:30AM-4:00PM SWIM LESSONS 4:00PM-7:30PM</p>	<p>6 OPEN SWIM 5:30AM-8:30AM 2ND GR SWIM LESSONS 8:30AM-10:30AM AQUA AEROBICS 10:30AM-11:30AM SWIM LESSONS 11:30AM-1:30PM OPEN SWIM 1:30PM-4:00PM SWIM LESSONS 4:00PM-6:30PM AQUA DANCE 6:30PM-7:30PM</p>	<p>7 OPEN SWIM 5:30AM-8:30AM 2ND GR SWIM LESSONS 8:30AM-10:30AM AQUA STRETCH 10:30AM-11:30AM OPEN SWIM 11:30AM-7:30PM</p>	<p>8 OPEN SWIM 7:30AM-8:30AM SWIM LESSONS 8:30AM-11:00AM AQUA DANCE 11AM-12PM OPEN SWIM 12PM-3:30PM</p>
<p>9 OPEN SWIM 11:30AM-4:30PM</p>	<p>10 OPEN SWIM 5:30AM-8:30AM 2ND GR SWIM LESSONS 8:30AM-10:30AM AQUA STRETCH 10:30AM-11:30AM OPEN SWIM 11:30AM-1:00PM FOUNDATION KIDS 1:00PM-2:00PM OPEN SWIM 2:00PM-4:00PM SWIM LESSONS 4:00PM-6:30PM OPEN SWIM 6:30PM-7:30PM</p>	<p>11 OPEN SWIM 5:30AM-8:30AM 2ND GR SWIM LESSONS 8:30AM-10:30AM WATER AEROBICS 10:30AM-11:30AM OPEN SWIM 11:30AM-4:00PM SWIM LESSONS 4:00PM-6:30PM AQUA DANCE 6:30PM-7:30PM</p>	<p>12 OPEN SWIM 5:30AM-8:30AM 2ND GR SWIM LESSONS 8:30AM-10:30AM AQUA AEROBICS 10:30AM-11:30AM OPEN SWIM 11:30AM-4:00PM SWIM LESSONS 4:00PM-7:30PM</p>	<p>13 OPEN SWIM 5:30AM-8:30AM 2ND GR SWIM LESSONS 8:30AM-10:30AM AQUA AEROBICS 10:30AM-11:30AM SWIM LESSONS 11:30AM-1:30PM OPEN SWIM 1:30PM-4:00PM SWIM LESSONS 4:00PM-6:30PM AQUA DANCE 6:30PM-7:30PM</p>	<p>14 OPEN SWIM 5:30AM-8:30AM 2ND GR SWIM LESSONS 8:30AM-10:30AM AQUA STRETCH 10:30AM-11:30AM OPEN SWIM 11:30AM-7:30PM</p>	<p>15 OPEN SWIM 7:30AM-8:30AM SWIM LESSONS 8:30AM-11:00AM AQUA DANCE 11AM-12PM OPEN SWIM 12PM-3:30PM</p>
<p>16 OPEN SWIM 11:30AM-4:30PM</p>	<p>17 OPEN SWIM 5:30AM-10:30AM AQUA STRETCH 10:30AM-11:30AM OPEN SWIM 11:30AM-1:00PM FOUNDATION KIDS 1:00PM-2:00PM OPEN SWIM 2:00PM-4:00PM SWIM LESSONS 4:00PM-6:30PM OPEN SWIM 6:30PM-7:30PM</p>	<p>18 OPEN SWIM 5:30AM-8:30AM 2ND GR SWIM LESSONS 8:30AM-10:30AM WATER AEROBICS 10:30AM-11:30AM OPEN SWIM 11:30AM-4:00PM SWIM LESSONS 4:00PM-6:30PM AQUA DANCE 6:30PM-7:30PM</p>	<p>19 OPEN SWIM 5:30AM-8:30AM 2ND GR SWIM LESSONS 8:30AM-10:30AM AQUA AEROBICS 10:30AM-11:30AM OPEN SWIM 11:30AM-4:00PM SWIM LESSONS 4:00PM-7:30PM</p>	<p>20 OPEN SWIM 5:30AM-8:30AM 2ND GR SWIM LESSONS 8:30AM-10:30AM AQUA AEROBICS 10:30AM-11:30AM SWIM LESSONS 11:30AM-1:30PM OPEN SWIM 1:30PM-4:00PM SWIM LESSONS 4:00PM-6:30PM AQUA DANCE 6:30PM-7:30PM</p>	<p>21 OPEN SWIM 5:30AM-8:30AM 2ND GR SWIM LESSONS 8:30AM-10:30AM AQUA STRETCH 10:30AM-11:30AM OPEN SWIM 11:30AM-7:30PM</p>	<p>22 OPEN SWIM 7:30AM-8:30AM SWIM LESSONS 8:30AM-11:00AM AQUA DANCE 11AM-12PM OPEN SWIM 12PM-3:30PM</p>
<p>23 OPEN SWIM 11:30AM-4:30PM</p>	<p>24 OPEN SWIM 5:30AM-8:30AM 2ND GR SWIM LESSONS 8:30AM-10:30AM AQUA STRETCH 10:30AM-11:30AM OPEN SWIM 11:30AM-1:00PM FOUNDATION KIDS 1:00PM-2:00PM OPEN SWIM 2:00PM-4:00PM SWIM LESSONS 4:00PM-6:30PM OPEN SWIM 6:30PM-7:30PM</p>	<p>25 OPEN SWIM 5:30AM-8:30AM 2ND GR SWIM LESSONS 8:30AM-10:30AM WATER AEROBICS 10:30AM-11:30AM OPEN SWIM 11:30AM-4:00PM SWIM LESSONS 4:00PM-6:30PM AQUA DANCE 6:30PM-7:30PM</p>	<p>26 OPEN SWIM 5:30AM-8:30AM 2ND GR SWIM LESSONS 8:30AM-10:30AM AQUA AEROBICS 10:30AM-11:30AM OPEN SWIM 11:30AM-4:00PM SWIM LESSONS 4:00PM-7:30PM</p>	<p>27 OPEN SWIM 5:30AM-8:30AM 2ND GR SWIM LESSONS 8:30AM-10:30AM AQUA AEROBICS 10:30AM-11:30AM SWIM LESSONS 11:30AM-1:30PM OPEN SWIM 1:30PM-4:00PM SWIM LESSONS 4:00PM-6:30PM AQUA DANCE 6:30PM-7:30PM</p>	<p>28 OPEN SWIM 5:30AM-8:30AM 2ND GR SWIM LESSONS 8:30AM-10:30AM AQUA STRETCH 10:30AM-11:30AM OPEN SWIM 11:30AM-7:30PM</p>	

FEBRUARY