


# Lap Pool

2025

MARCH


SUN	MON	TUE	WED	THU	FRI	SAT
 <p><b>the</b> <b>YMCA</b></p>						<p><b>1</b> LAP SWIM 7:30AM-3:30PM</p>
<p><b>2</b> LAP SWIM 11:30AM-4:30PM</p>	<p><b>3</b> LAP SWIM 5:30AM-8:30AM 2ND GR SWIM LESSONS 8:30AM-10:15AM OPEN SWIM 10:15AM-4:00PM SWIM TEAMS LANES 5-8 4:00PM-6:30PM LAP SWIM 6:30PM-7:30PM</p>	<p><b>4</b> LAP SWIM 5:30AM-8:30AM 2ND GR SWIM LESSONS 8:30AM-10:15AM OPEN SWIM 10:15AM-4:00PM SWIM TEAMS LANES 5-8 4:00PM-6:30PM LAP SWIM 6:30PM-7:30PM</p>	<p><b>5</b> LAP SWIM 5:30AM-8:30AM 2ND GR SWIM LESSONS 8:30AM-10:15AM OPEN SWIM 10:15AM-4:00PM SWIM TEAMS LANES 5-8 4:00PM-6:30PM LAP SWIM 6:30PM-7:30PM</p>	<p><b>6</b> LAP SWIM 5:30AM-8:30AM 2ND GR SWIM LESSONS 8:30AM-10:15AM OPEN SWIM 10:15AM-4:00PM SWIM TEAMS LANES 5-8 4:00PM-6:30PM LAP SWIM 6:30PM-7:30PM</p>	<p><b>7</b> LAP SWIM 5:30AM-8:30AM 2ND GR SWIM LESSONS 8:30AM-10:15AM OPEN SWIM 10:15AM-4:00PM SWIM TEAMS LANES 5-8 4:00PM-6:30PM LAP SWIM 6:30PM-7:30PM</p>	<p><b>8</b> LAP SWIM 7:30AM-3:30PM</p>
<p><b>9</b> LAP SWIM 11:30AM-4:30PM</p>	<p><b>10</b> LAP SWIM 5:30AM-8:30-3:00PM SWIM TEAMS LANES 3-8 3:00PM-6:30PM LAP SWIM 6:30PM-7:30PM</p>	<p><b>11</b> LAP SWIM 5:30AM-8:30-3:00PM SWIM TEAMS LANES 3-8 3:00PM-6:30PM LAP SWIM 6:30PM-7:30PM</p>	<p><b>12</b> LAP SWIM 5:30AM-8:30-3:00PM SWIM TEAMS LANES 3-8 3:00PM-6:30PM LAP SWIM 6:30PM-7:30PM</p>	<p><b>13</b> LAP SWIM 5:30AM-8:30-3:00PM SWIM TEAMS LANES 3-8 3:00PM-6:30PM LAP SWIM 6:30PM-7:30PM</p>	<p><b>14</b> LAP SWIM 5:30AM-8:30-3:00PM SWIM TEAMS LANES 3-8 3:00PM-6:30PM LAP SWIM 6:30PM-7:30PM</p>	<p><b>15</b> LAP SWIM 7:30AM-3:30PM</p>
<p><b>16</b> LAP SWIM 11:30AM-4:30PM</p>	<p><b>17</b> LAP SWIM 5:30AM-8:30-3:00PM SWIM TEAMS LANES 3-8 3:00PM-6:30PM LAP SWIM 6:30PM-7:30PM</p>	<p><b>18</b> LAP SWIM 5:30AM-8:30-3:00PM SWIM TEAMS LANES 3-8 3:00PM-6:30PM LAP SWIM 6:30PM-7:30PM</p>	<p><b>19</b> LAP SWIM 5:30AM-8:30-3:00PM SWIM TEAMS LANES 3-8 3:00PM-6:30PM LAP SWIM 6:30PM-7:30PM</p>	<p><b>20</b> LAP SWIM 5:30AM-8:30-3:00PM SWIM TEAMS LANES 3-8 3:00PM-6:30PM LAP SWIM 6:30PM-7:30PM</p>	<p><b>21</b> LAP SWIM 5:30AM-8:30-3:00PM SWIM TEAMS LANES 3-8 3:00PM-6:30PM LAP SWIM 6:30PM-7:30PM  *LIFEGUARD TRAINING 5-8</p>	<p><b>22</b> LAP SWIM 7:30AM-3:30PM  *LIFEGUARD TRAINING</p>
<p><b>23</b> LAP SWIM 11:30AM-4:30PM  *LIFEGUARD TRAINING</p>	<p><b>24</b> LAP SWIM 5:30AM-8:30-3:00PM SWIM TEAMS LANES 3-8 3:00PM-6:30PM LAP SWIM 6:30PM-7:30PM</p>	<p><b>25</b> LAP SWIM 5:30AM-8:30-3:00PM SWIM TEAMS LANES 3-8 3:00PM-6:30PM LAP SWIM 6:30PM-7:30PM</p>	<p><b>26</b> LAP SWIM 5:30AM-8:30-3:00PM SWIM TEAMS LANES 3-8 3:00PM-6:30PM LAP SWIM 6:30PM-7:30PM</p>	<p><b>27</b> LAP SWIM 5:30AM-8:30-3:00PM SWIM TEAMS LANES 3-8 3:00PM-6:30PM LAP SWIM 6:30PM-7:30PM</p>	<p><b>28</b> LAP SWIM 5:30AM-8:30-3:00PM SWIM TEAMS LANES 3-8 3:00PM-6:30PM LAP SWIM 6:30PM-7:30PM</p>	<p><b>29</b> LAP SWIM 7:30AM-3:30PM</p>
<p><b>30</b> LAP SWIM 11:30AM-4:30PM</p>	<p><b>31</b> LAP SWIM 5:30AM-8:30-3:00PM SWIM TEAMS LANES 3-8 3:00PM-6:30PM LAP SWIM 6:30PM-7:30PM</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**

\*2 Lanes will always be open for lap swim

# Warm Up Pool

2025  
**MARCH**

SUN	MON	TUE	WED	THU	FRI	SAT
 <p><b>Pool and Sauna Hours</b>  <b>Monday-Friday 5:30am-7:30pm</b>  <b>Saturday- 7:30am -3:30pm</b>  <b>Sunday 11:30am -4:30pm</b>  <b>Day Swim Pass Open Swim 1:30pm-3:30pm</b></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>
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