



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

LAKE HIGHLANDS YMCA

Indoor Pool Schedule

This schedule is good through August 2, 2024

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday | |
|--|--|--|--|--|--|--------------------|--------------------|
| 5:30am - 7:30am Masters Swim 2 Lanes Open | 5:30am - 8:00am Lap Swim | 5:30am - 7:30am Masters Swim 2 Lanes Open | 5:30am - 8:00am Lap Swim | 5:30am - 8:00am Lap Swim | Pool Closed | Pool Closed | |
| 7:30am - 8:00am Lap Swim | | 7:30am - 8:00am Lap Swim | | | 7:00am - 8:00am Lap Swim | | |
| 8:00am - 9:30am Water Fitness 2 Lanes Open | 8:00am - 9:30am Water Fitness 2 Lanes Open | 8:00am - 9:30am Water Fitness 2 Lanes Open | 8:00am - 9:30am Water Fitness 2 Lanes Open | 8:00am - 9:30am Water Fitness 2 Lanes Open | 8:00am - 9:00am Water Fitness 2 Lanes Open | | |
| 9:30am-12:30pm Swim Lessons 4 Lanes Open | 9:30am-12:30pm Swim Lessons 4 Lanes Open | 9:30am-12:30pm Swim Lessons 4 Lanes Open | 9:30am-12:30pm Swim Lessons 4 Lanes Open | 9:30am-12:30pm Lap Swim | 9:00am-12:30pm Swim Lessons 4 Lanes Open | | |
| 12:30pm - 2:30pm Camp | 12:30pm - 2:30pm Camp | 12:30pm - 4:00pm Lap Swim | 12:30pm-4:00pm Camp | 12:30pm-4:00pm Camp | 12:30pm - 4:00pm | | 1:00pm - 5:45pm |
| 2:30pm - 4:45pm Lap Swim | 2:30pm - 4:45pm Lap Swim | | 4:15pm - 4:45pm Lap Swim | | Lap Swim | | Lap Swim |
| 4:45pm - 7:15pm Swim Lessons 4 Lanes Open | 4:45pm - 7:15pm Swim Lessons 4 Lanes Open | 4:45pm - 7:15pm Swim Lessons 4 Lanes Open | 4:45pm - 7:15pm Swim Lessons 4 Lanes Open | 4:15pm - 7:45pm Lap Swim | Pool Closed | | Pool Closed |
| 7:15pm - 8:45pm Lap Swim | 7:15pm - 8:45pm Lap Swim | 7:15pm - 8:45pm Lap Swim | 7:15pm - 8:45pm Lap Swim | | | | |

Pool hours are subject to change for holidays or special events.

YMCA Mission: To put Christian values into practice through programs that build healthy spirit, mind, and body for all.