



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

LAKE HIGHLANDS YMCA

Indoor Pool Schedule

****As of July 1st, 2025****

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30am - 7:30am Masters Swim 2 Lanes Open	5:30am - 8:00am 6 Lap Lanes	5:30am - 8:00am Masters Swim 2 Lanes Open	5:30am - 8:00am 6 Lap Lanes	5:30am - 8:00am 6 Lap Lanes	Pool Closed	Pool Closed
7:30am - 8:00am 6 Lap Lanes					7:00am - 8:00am 6 Lap Lanes	
8:00am - 9:30am Water Fitness 3 Lanes Open <i>NO LANES AVAILABLE 9:00am - 9:30am</i>	8:00am - 9:30am Water Fitness 3 Lanes Open <i>NO LANES AVAILABLE 9:00am - 9:30am</i>	8:00am - 9:30am Water Fitness 3 Lanes Open <i>NO LANES AVAILABLE 9:00am - 9:30am</i>	8:00am - 9:30am Water Fitness 3 Lanes Open <i>NO LANES AVAILABLE 9:00am - 9:30am</i>	8:00am - 9:30am Water Fitness 3 Lanes Open <i>NO LANES AVAILABLE 9:00am - 9:30am</i>	8:00am - 9:00am Water Fitness 3 Lanes Open	
9:00am - 12:30pm Swim Lessons 4 Lanes Open <i>NO LANES AVAILABLE 9:00am - 9:30am</i>	9:00am - 12:30pm Swim Lessons 4 Lanes Open <i>NO LANES AVAILABLE 9:00am - 9:30am</i>	9:00am - 12:30pm Swim Lessons 4 Lanes Open <i>NO LANES AVAILABLE 9:00am - 9:30am</i>	9:00am - 12:30pm Swim Lessons 4 Lanes Open <i>NO LANES AVAILABLE 9:00am - 9:30am</i>	9:30am - 12:30pm 6 Lanes Open <i>(Make-up swim lessons, as needed)</i>	9:00am - 1:00pm Swim Lessons 4 Lanes Open	
12:30pm - 1:00pm 2 Lap Lanes	12:30pm - 1:00pm 2 Lap Lanes	12:30pm - 1:00pm 2 Lap Lanes	12:30pm - 1:00pm 2 Lap Lanes	12:30pm - 1:00pm 2 Lap Lanes	1:00pm - 5:45pm 6 Lanes Open	1:00pm - 5:45pm 6 Lanes Open
1:00pm - 3:00pm Camp Swim	1:00pm - 3:00pm Camp Swim	1:00pm - 3:00pm Camp Swim	1:00pm - 3:00pm Camp Swim	1:00pm - 4:00pm Camp Swim		
3:00pm - 5:00pm 6 Lap Lanes	3:00pm - 5:00pm 4 Lap Lanes <i>Summer Camp Swim Lessons 2 Lap lanes</i>	3:00pm - 5:00pm 6 Lap Lanes	3:00pm - 5:00pm 4 Lap Lanes <i>Summer Camp Swim Lessons 2 Lap lanes</i>	4:00pm - 5:00pm 6 Lap Lanes		
5:00pm - 8:00pm Swim Lessons 4 Lanes Open	5:00pm - 8:00pm Swim Lessons 4 Lanes Open	5:00pm - 8:00pm Swim Lessons 4 Lanes Open	5:00pm - 8:00pm Swim Lessons 4 Lanes Open	5:00pm - 7:45pm 6 Lap Lanes <i>(Make-up swim lessons, as needed)</i>		
8:00pm - 8:45pm 6 Lanes Open	8:00pm - 8:45pm 6 Lanes Open	8:00pm - 8:45pm 6 Lanes Open	8:00pm - 8:45pm 6 Lanes Open			

****Pool hours are subject to change for holidays, special events, or program needs****

Join our GroupMe for up-to-date pool notifications! Scan the QR code!

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

AQUATICS FAQs

What is Lap Swim, Open Swim, etc?

- **Lap Swim** is dedicated time for members and guests to utilize the pool for exercise by swimming laps or water-walking. Swimmers who are 14 years and younger must be able to obtain a green band through our swim test to swim laps. Yellow and red bands are not allowed in the pool during this time. If there are two or more swimmers in a lane, circle swimming rules must be followed.
- **Open Swim** is a general free swim time. Feel free to bring the family and enjoy the indoor pool! All swimmers 14 years and younger must be swim tested and will receive a green, yellow, or red band.
- Any other swim time will have a notation reading “# of lanes available.” During these times, the number of lanes available is for Lap Swim only.

What does the swim test consist of and who needs to take it?

- Any swimmer who is 14 years or younger is required to take our swim test. If swimmers refuse to take the test, they are automatically given a red band.
- Our swim test consists of jumping into the deep end and swimming the full length of the pool with face submersion.
- Green bands are given if the test is completed successfully. These swimmers are allowed in the shallow and deep end. Yellow bands are given if the swimmer is only able to jump into the deep end and swim ten yards with face submersion. Red bands are given to nonswimmers or those who refuse the swim test. Swimmers who receive a yellow or red band are only allowed in the shallow end. Red band swimmers must either: 1) wear a lifejacket at all times or 2) be within arms reach of a parent or caregiver in the water at all times.

What is the YMCA's inclement weather policy?

- The YMCA must close the pool for 30 minutes upon each instance of lightning or audible thunder within 6 miles of the facility. The 30-minute timer restarts with each occurrence of lightning/thunder.

Is the pool heated?

- Yes, our indoor pool is heated. Due to the wide range of programs and participants that we host, our pool and air temperatures are kept at a comfortable setting, generally within a couple of degrees of each other.

Can I swim during program time?

- Typically, there are no lanes available during our weekday Swim Team, Swim Lesson, and Summer Camp program time. This is subject to change during holidays.

Can I bring floaties?

- Only U.S Coast Guard-approved personal flotation devices are allowed in the pool. All other floaties are prohibited.