



SEMONES YMCA 2025 SUMMER INDOOR POOL SCHEDULE

Updated 07.01.2025

AQUA FITNESS CLASSES REQUIRE RESERVATIONS
POOL USAGE MAY BE ALTERED TO MEET PROGRAM NEEDS

	MON	TUE	WED	THU	FRI	SAT	SUN
LAP SWIM	7:30a-9:00a 6 Lap Lanes					7:00a-9:00a 6 Lap Lanes	
	9:00a-12:00p 2 Lap Lanes				9:00a-12:00p 6 Lap Lanes	9:00a-12:00p 2 Lap Lanes	
	12:00p-4:00p NO Lap Lanes					12:00p-5:30p 6 Lap Lanes	1:00p-5:30p 6 Lap Lanes
	4:00p-5:00p 6 Lap Lanes						
	5:00p-8:00p 2 Lap Lanes				6:00p-7:30p 6 Lap Lanes		
	8:00p-8:30p 6 Lap Lanes						

We offer swim lessons, swim team, & adult master swim. If interested, please see the front for more information

*lane availability is subject to change based on weather. Friday afternoon availability is subject to change based on make up swim lessons canceled due to weather.