



LAKE HIGHLANDS YMCA

INDOOR POOL SCHEDULE

08.11.2025

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

	MON	TUE	WED	THU	FRI	SAT	SUN
LAP SWIM	5:30a-7:30a 2 Lap Lanes	5:30a-8:00a 6 Lap Lanes	5:30a-7:30a 2 Lap Lanes	5:30a-8:00a 6 Lap Lanes	5:30a-8:00a 6 Lap Lanes	7:00a-8:00a 6 Lap Lanes	
	7:30a-8:00a 6 Lap Lanes		7:30a-8:00a 6 Lap Lanes		8:00a-9:00a 2 Lap Lanes		
	8:00a-10:00a 2 Lap Lanes					9:00a-1:00p 4 Lap Lanes	
	10:00a-1:00p 6 Lap Lanes					1:00p-5:45p 6 Lap Lanes	1:00p – 2:30p 2 Lap Lanes
	1:00p-4:00p CLOSED						2:30p-5:45p 6 Lap Lanes
	4:00p-5:00p 3 Lap Lanes						
	5:00p-7:30p NO LAP SWIM AVAILABLE						
	7:30p-8:45p 4 Lap Lanes						
AQUA FITNESS	8:00a-9:30a					8:00a-9:00a	1:00p – 2:30p

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.