



SEMONES YMCA

2025 FALL OUTDOOR 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	5:00a-8:30a 10 Lap Lanes	5:00a-5:45a 10 Lap Lanes 5:45a-7:00a 4 Lap Lanes 7:00a-8:30a 10 Lap Lanes	5:00a-8:30a 10 Lap Lanes	5:00a-5:45a 10 Lap Lanes 5:45a-7:00a 4 Lap Lanes 7:00a-8:30a 10 Lap Lanes	5:00a-8:30a 10 Lap Lanes	7:00a-9:00a 10 Lap Lanes	
	8:30a-9:15a 7 Lap Lanes						
	9:15a-12:00p 10 Lap Lanes					9:00a-9:45a 7 Lap Lanes	
	12:00p-1:00p 2 Lap Lanes (outside lanes)					9:45a-12:00p 10 Lap Lanes	
	1:00p-3:00p 10 Lap Lanes	1:00p-4:00p 10 Lap Lanes	1:00p-3:00p 10 Lap Lanes	1:00p-4:00p 10 Lap Lanes	1:00p-4:00p 10 Lap Lanes		
	3:00p-4:30p 7 Lap Lanes	4:00p-4:30p 8 Lap Lanes	3:00p-4:30p 7 Lap Lanes	4:00p-4:30p 8 Lap Lanes		12:00p-5:30p 5 Lap Lanes	1:00p-5:30p 5 Lap Lanes
	4:30p-7:30p 3 Lap Lanes	4:30p-7:00p 3 Lap Lanes	4:30p-7:00p 3 Lap Lanes	4:30p-7:00p 3 Lap Lanes	4:00p-5:30p 8 Lap Lanes		
	7:30p-8:00p 8 Lap Lanes	7:00p-8:00p 8 Lap Lanes	7:00p-8:00p 8 Lap Lanes	7:00p-8:00p 8 Lap Lanes	5:30p-7:00p 3 Lap Lanes		
AQUA FITNESS	8:30a-9:15a					9:00a-9:45a	
	3:00p-3:45p		3:00p-3:45p				
FAMILY SWIM	4:00p-8:00p				4:00p-7:00p	12:00p-5:30p	1:00p-5:30p

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.