



# 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-4:30p 10 Lap Lanes			1:00p-5:00p 10 Lap Lanes	12:00p-5:30p 5 Lap Lanes	1:00p-5:30p 5 Lap Lanes
	3:00p-3:45p 7 Lap Lanes						
	3:45p-4:30p 8 Lap Lanes	4:30p-7:00p 3 Lap Lanes			5:00p-5:30p 8 Lap Lanes		
	4:30p-7:30p 3 Lap Lanes				5:30p-6:30p 3 Lap Lanes		
	7:30p-8:00p 8 Lap Lanes	7:00p-8:00p 8 Lap Lanes			6:30p-7:00p 8 Lap Lanes		
AQUA FITNESS	8:30a-9:15a					9:00a-9:45a	
	3:00p-3:45p						
FAMILY SWIM	5:00p-8:00p				5:00p-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.