



SEMONES YMCA

2025 FALL 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	5:00a-9:00a CLOSED					7:00a-9:00a 4 Lap Lanes	
	9:00a-1:00p 4 Lap Lanes					9:00a-12:00p 2 Lap Lanes	1:00p-2:30p 4 Lap Lanes
	1:00p-5:00p CLOSED						2:30p-3:15p 2 Lap Lanes
	5:00p-8:00p 2 Lap Lanes				5:00p-7:30p 4 Lap Lanes	12:00p-5:30p 4 Lap Lanes	3:15p-5:30p 4 Lap Lanes
	8:00p-8:30p 4 Lap Lanes						2:30p-3:15p
AQUA FITNESS							

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.