



SEMONES YMCA

2025 FALL INDOOR POOL SCHEDULE

10.24.2025

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 5 Lap Lanes 8:30a-9:30a 3 Lap Lanes 9:30a-12:00p 5 Lap Lanes 12:00p-1:00p NO Lap Lanes 1:00p-3:00p 5 Lap Lanes 3:00p-4:00p 3 Lap Lanes 4:00p-7:30p NO Lap Lanes 7:30p-8:30p 4 Lap Lanes	5:00a-5:45a 5 Lap Lanes 5:45a-7:00a 1 Lap Lanes 7:00a-8:30a 5 Lap Lanes 8:30a-9:30a 3 Lap Lanes 9:30a-12:00p 5 Lap Lanes 1:00p-4:00p 5 Lap Lanes 4:00p-7:00p NO Lap Lanes 7:00p-8:30p 4 Lap Lanes	5:00a-8:30a 5 Lap Lanes 8:30a-10:15a 3 Lap Lanes 10:15a-12:00p 5 Lap Lanes 1:00p-3:00p 5 Lap Lanes 3:00p-4:00p 3 Lap Lanes 4:00p-7:00p NO Lap Lanes 7:30p-8:30p 4 Lap Lanes	5:00a-5:45a 5 Lap Lanes 5:45a-7:00a 1 Lap Lanes 7:00a-8:30a 5 Lap Lanes 8:30a-9:30a 3 Lap Lanes 9:30a-12:00p 5 Lap Lanes 1:00p-4:00p 5 Lap Lanes 4:00p-7:00p NO Lap Lanes 7:00p-8:30p 4 Lap Lanes	5:00a-8:30a 5 Lap Lanes 8:30a-9:30a 3 Lap Lanes 9:30a-10:30a 5 Lap Lanes 10:30a-12:00p 3 Lap Lanes 1:00p-4:00p 5 Lap Lanes 4:00p-6:30p NO Lap Lanes 6:30p-7:30p 5 Lap Lanes	7:00a-9:00a 5 Lap Lanes 9:00a-10:00a NO Lap Lanes 10:00a-12:00p 3 Lap Lanes 12:00p-5:30p 4 Lap Lanes	1:00p-2:30p 4 Lap Lanes 2:30p-3:30p 2 Lap Lanes 3:30p-5:30p 4 Lap Lanes
AQUA FITNESS	8:30a-9:15a 3:00p-3:45p	8:30a-9:15a	8:30a-9:15a 9:15a-10:00a 3:00p-3:45p	8:30a-9:15a	8:30a-9:15a 10:30a-11:15a	9:00a-9:45a	2:30p-3:15p
FAMILY SWIM						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.