



LAKE HIGHLANDS YMCA

INDOOR POOL SCHEDULE

10.06.2025

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-9:30a 2 Lap Lanes					9:00a-1:00p 4 Lap Lanes	
	9:30a-1:00p 6 Lap Lanes					1:00p-5:45p 4 Lap Lanes	1:00p – 2:30p 2 Lap Lanes
	1:00p-4:00p CLOSED						2:30p-5:45p 4 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
FAMILY SWIM						1:00p-5:45p	2:30p-5:45p

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.

AQUATICS FAQs

What is Lap Swim, Open Swim, etc?

- **Lap Swim** is dedicated time for members and guests to utilize the pool for exercise by swimming laps or water-walking. Swimmers who are 14 years and younger must be able to obtain a green band through our swim test to swim laps. Yellow and red bands are not allowed in the pool during this time. If there are two or more swimmers in a lane, circle swimming rules must be followed.
- **Open Swim** is a general free swim time. Feel free to bring the family and enjoy the indoor pool! All swimmers 14 years and younger must be swim tested and will receive a green, yellow, or red band.
- Any other swim time will have a notation reading “# of lanes available.” During these times, the number of lanes available is for Lap Swim only.

What does the swim test consist of and who needs to take it?

- Any swimmer who is 14 years or younger is required to take our swim test. If swimmers refuse to take the test, they are automatically given a red band.
- Our swim test consists of jumping into the deep end and swimming the full length of the pool with face submersion.
- Green bands are given if the test is completed successfully. These swimmers are allowed in the shallow and deep end. Yellow bands are given if the swimmer is only able to jump into the deep end and swim ten yards with face submersion. Red bands are given to nonswimmers or those who refuse the swim test. Swimmers who receive a yellow or red band are only allowed in the shallow end. Red band swimmers must either: 1) wear a lifejacket at all times or 2) be within arms reach of a parent or caregiver in the water at all times.

What is the YMCA's inclement weather policy?

- The YMCA must close the pool for 30 minutes upon each instance of lightning or audible thunder within 6 miles of the facility. The 30-minute timer restarts with each occurrence of lightning/thunder.

Is the pool heated?

- Yes, our indoor pool is heated. Due to the wide range of programs and participants that we host, our pool and air temperatures are kept at a comfortable setting, generally within a couple of degrees of each other.

Can I swim during program time?

- Typically, there are no lanes available during our weekday Swim Team, Swim Lesson, and Summer Camp program time. This is subject to change during holidays.

Can I bring floaties?

- Only U.S Coast Guard-approved personal flotation devices are allowed in the pool. All other floaties are prohibited.

Join our GroupMe for up-to-date pool notifications! Scan the QR code!

