



SEMONES YMCA

2025 WINTER INDOOR POOL SCHEDULE

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

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.