



SEMONES YMCA
2026 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 | 12:00p-5:30p CLOSED | 1:00p-5:30p CLOSED |
| | | 8:30a-9:30a 3 Lap Lanes | | | 9:30a-10:00a 6 Lap Lanes | | | |
| | 9:30a-10:00a 6 Lap Lanes | 9:30a-10:00a 3 Lap Lanes | | | | | | |
| | | 10:00a-12:00p 6 Lap Lanes | | | | | | |
| | | 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 | | | |

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| 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.