



SEMONES YMCA
2026 SPRING 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	CLOSED	5:00a-8:30a 6 Lap Lanes	CLOSED	5:00a-8:30a 6 Lap Lanes		
	8:30a-9:15a 3 Lap Lanes		8:30a-9:15a 3 Lap Lanes		8:30a-9:15a 3 Lap Lanes	CLOSED	
	9:30a-5:00p CLOSED					10:00a-12:00p 2 Lap Lanes	CLOSED
						12:00p CLOSED	
	5:00p-8:00p 2 Lap Lanes				5:00p-7:30p 6 Lap Lanes		
	8:00p-8:30p 6 Lap Lanes				7:30p CLOSED		
AQUA FITNESS	8:30a-9:15a		8:30a-9:15a		8:30a-9:15a	9:00a-10:00a	

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.