



SEMONES YMCA

2026 SPRING OUTDOOR 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-8:00a 10 Lap Lanes	5:00a-5:30a 10 Lap Lanes 5:30a-7:00a 4 Lap Lanes 7:00a-8:00a 10 Lap Lanes	5:00a-8:00a 10 Lap Lanes	5:00a-5:30a 10 Lap Lanes 5:30a-7:00a 4 Lap Lanes 7:00a-8:00a 10 Lap Lanes	5:00a-8:00a 10 Lap Lanes		
	8:00a-12:00p CLOSED						
	12:00p-1:00p 2 Lap Lanes (outside lanes)						
	1:00p-3:00p 10 Lap Lanes						
	3:00p-3:45p 6 Lap Lanes	3:00p-3:45p 10 Lap Lanes	3:00p-3:45p 6 Lap Lanes	3:00p-3:45p 10 Lap Lanes	3:00p-3:45p 10 Lap Lanes		
	3:45p-5:00p 7 Lap Lanes						
	5:00p-7:00p 3 Lap Lanes	5:00p-7:15p 3 Lap Lanes	5:00p-7:00p 3 Lap Lanes	5:00p-7:15p 3 Lap Lanes	5:00p-7:00p 3 Lap Lanes		
	7:00p-8:30p 3 Lap Lanes	7:15p-8:30p 7 Lap Lanes	7:00p-8:30p 7 Lap Lanes	7:15p-8:30p 7 Lap Lanes	7:00p-7:30p 7 Lap Lanes		
						7:00a-12:00p 10 Lap Lanes	
							12:00p-5:30p 7 Lap Lanes
							1:00p-5:30p 7 Lap Lanes
AQUA FITNESS		8:30a-9:30a		8:30a-9:30a			
	3:00p-3:45p		3:00p-3:45p				
MASTER SWIM	NOON MASTERS 12:00p-1:00p						
	7:00p-8:00p Evening	5:30a-7:00a Morning		5:30a-7:00a Morning			
FAMILY SWIM	4:00p-8:30p			4:00p-7:30p		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.