



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	8:00a-8:30a 6 Lap Lanes 8:30a-9:15a 3 Lap Lanes 9:15a-12:00p 6 Lap Lanes	8:00a-9:15a 6 Lap Lanes	8:00a-8:30a 6 Lap Lanes 8:30a-9:15a 3 Lap Lanes	8:00a-9:15a 6 Lap Lanes	8:00a-8:30a 6 Lap Lanes	8:00a-8:30a 6 Lap Lanes 8:30a-9:15a 3 Lap Lanes	CLOSED 9:00a-12:00p 2 Lap Lanes 12:00p CLOSED	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.