



LAKE HIGHLANDS YMCA

INDOOR POOL SCHEDULE

06.01.2026

AQUA FITNESS CLASSES REQUIRE RESERVATIONS
 POOL USAGE MAY BE ALTERED TO MEET PROGRAM NEEDS

	MON	TUE	WED	THU	FRI	SAT	SUN	
LAP SWIM	5:30a-7:30a 2 Lap Lanes	5:30a-8:00a 6 Lap Lanes	5:30a-7:30a 2 Lap Lanes	5:30a-8:00a 6 Lap Lanes	5:30a-8:00a 6 Lap Lanes	7:00a-8:00a 6 Lap Lanes		
	7:30a-8:00a 6 Lap Lanes		7:30a-8:00a 6 Lap Lanes		8:00a-9:30a 3 Lap Lanes			
	8:00a-9:00a 3 Lap Lanes		9:30a-12:30p 3 Lap Lanes		8:00a-9:30a 3 Lap Lanes			8:00a-12:00p 3 Lap Lanes
	9:30a-12:30p 3 Lap Lanes		12:30p-3:00p 2 Lap Lanes		9:30a-12:30p 6 Lap Lanes			12:00p-6:00p 6 Lap Lanes
	12:30p-3:00p 2 Lap Lanes		3:00p-5:00p 6 Lap Lanes		12:30p-4:00p 2 Lap Lanes			
	3:00p-5:00p 6 Lap Lanes		5:00p-8:00p 3 Lap Lanes		4:00p-7:45p 6 Lap Lanes			1:00p-5:45p 6 Lap Lanes
	5:00p-8:00p 3 Lap Lanes		8:00p-8:45p 6 Lap Lanes					
	8:00p-8:45p 6 Lap Lanes							
AQUA FITNESS			8:00a-8:45a		8:00a-8:45a			
			8:45-9:30a					

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.