



WHITE ROCK YMCA

2026 SUMMER POOL SCHEDULE

06.01.2026

MON **TUE** **WED** **THU** **FRI** **SAT** **SUN**

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

We offer swim lessons, & swim team. If interested, please see the front for more information

Aqua Fitness Classes Require Reservations

*Pool usage may be altered to meet program needs

*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.

*Fridays from 12pm-4pm the pool is reserved for Camp Estrella.