



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-7:00a 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.