

YMCA of Jefferson County

Pool Schedule

August 25th 2025

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:00 AM	Long Course Lap Swim 4 Lanes*	Long Course Lap Swim 4 Lanes*		Long Course Lap Swim 4 Lanes*	Long Course Lap Swim 4 Lanes*	CLOSED
8:00 AM	Deep Water Aerobics by video 7:30-8:30 am	Deep Water Aerobics by video or Zory 7:30-8:30		Deep Water Aerobics by video or Zory 7:30-8:30	Deep Water Aerobic by video 7:30-8:30 am	
9:00 AM	Short Course Lap Swim 2 Lanes 9-10:15AM Shallow Water Aerobics Vicky	Short Course Lap Swim 2 Lanes 9AM-Noon	CLOSED	Short Course Lap Swim 2 Lanes 9AM-Noon	Short Course Lap Swim 2 Lanes 9AM- 10:15 & Shallow Water Aerobics	Short Course Lap Swim 4 Lanes*
10:00 AM	9:15-10:15 am Short Course Lap Swim 4 Lanes*	Shallow Water Aerobics w Nancy 9:15-10:15 am Parent & Child		Shallow Water Aerobics w Nancy 9:15-10:15 am Parent & Child	(no teacher) 4 Lanes* 10:15-Noon Open Swim Shallow End 9AM-	Open Swim Shallow End 9AM- NOON
TI.OO AW	Open Swim Shallow End 10:15-Noon	10:30-11** Open Shallow end 11-Noon		10:30-11** Open Shallow end 11-Noon	12:00 POOL CLOSES	
NOON			CLOSED			
1:00 PM						
2:00 PM	1-3:30 PUBLIC SWIM 4 LANES* SHALLOW END OPEN	1-3:30 PUBLIC SWIM 4 LANES* SHALLOW END OPEN	1-3:30 PUBLIC SWIM 4 LANES* SHALLOW END OPEN	1-3:30 PUBLIC SWIM 4 LANES* SHALLOW END OPEN	CLC	SED
3:00 PM						
4:00 PM	3:30-5:30 HS SWIM TEAM/GROUP LESSONS CLOSED TO PUBLIC	3:30-5:30 HS SWIM TEAM PUBLIC SWIM SHALLOW END ONLY	3:30-5:30 HS SWIM TEAM/GROUP LESSONS CLOSED TO PUBLIC	3:30-5:30 HS SWIM TEAM/GROUP LESSONS CLOSED TO PUBLIC		
5:00 PM	5:30-6:30 SWIM CLUB CLOSED TO PUBLIC	5:30-6:30 PUBLIC SWIM 4 lanes* Shallow End Open	5:30-6:30 SWIM CLUB CLOSED TO PUBLIC	5:30-6:30 SWIM CLUB CLOSED TO PUBLIC		
POOL CLOSES AT 6:30 PM						
*4 lanes AM: 3 swim & 1 jog/walk **Parent & Child/Group Lessons Begin 9/15/25						