



YMCA of Jefferson County

Pool Schedule 10/1-12/31

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:00 AM	Long Course Lap Swim 4 Lanes*	Long Course Lap Swim 4 Lanes*	CLOSED	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 9:15-10:15 am	Short Course Lap Swim 2 Lanes 9AM-Noon Shallow Water Aerobics w Nancy 9:15-10:15 am Parent & Child 10:30-11** Open Shallow end 11-Noon		Short Course Lap Swim 2 Lanes 9AM-Noon Shallow Water Aerobics w Nancy 9:15-10:15 am Parent & Child 10:30-11** Open Shallow end 11-Noon	Short Course Lap Swim 2 Lanes 9AM-10:15 & Shallow Water Aerobics (no teacher) 4 Lanes* 10:15-Noon Open Swim Shallow End 9AM-NOON	Short Course Lap Swim 4 Lanes* Open Swim Shallow End 9AM-NOON
10:00 AM	Short Course Lap Swim 4 Lanes* Open Swim Shallow End 10:15-Noon					
11:00 AM						
NOON	CLOSED					
1:00 PM	CLOSED					
2:00 PM						
3:00 PM						
4:00 PM						
5:00 PM						
6:30PM						
POOL CLOSSES AT 6:30 PM						
*4 lanes AM: 3 swim & 1 iog/walk **Parent & Child/Group Lessons Begin 9/15/25						

*4 lanes AM: 3 swim & 1 jog/walk **Parent & Child/Group Lessons Begin 9/15/25

POOL SCHEDULE SUBJECT TO PROGRAMMING CHANGES & MAINTENCE