



# RYAN YMCA OUTDOOR LAP POOL SCHEDULE

(updated 2/5/2025)

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 AM	Facility Closed	Lap Swim (6)	Lap Swim (6)	Lap Swim (4) 5:30-6:30AM Coached Lap Swim (2)	Lap Swim (6)	Lap Swim (6) 6:00-7:15PM (5)	Facility Closed
6:00AM				Facility Closed			
8:00AM	Lap Swim (5)	Lap Swim (3)	Lap Swim (6)	Lap Swim (6)	Lap Swim (6)	Lap Swim (6) 6:00-7:15PM (5)	Lap Swim (4)
8:30AM							
9:00AM							
9:30AM		Lap Swim (6)	10:10-11:00AM Aqua Fit (3) Lap Swim (3)	10:10-11:00AM Shallow Strength & Balance (3) Lap Swim (3)	10:10-11:00AM Aqua Fit (3) Lap Swim (3)	10:10-11:00AM Aqua Fit (3) Lap Swim (3)	9:30-12:40PM Lap Swim (4)
10:00AM							
10:30AM							
11:00AM		11:15-12:15PM Synchronized Swim (3)	Lap Swim (6)	Lap Swim (6)	Lap Swim (6)	11:15-12:15PM Synchronized Swim (3) Lap Swim (3)	
11:30AM							
12:00PM		Facility Closes 1:00PM	12:15-1:00PM Correia (3) 1:00-1:45PM Lap Swim (6) 1:45-2:25PM Correia (3) Lap Swim (3)	Lap Swim (6)	Lap Swim (6)	Lap Swim (6)	Lap Swim (5)
12:30PM							
1:00PM							
1:30PM							
2:00PM	Lap Swim (5)	Lap Swim (5)	Lap Swim (5)	Lap Swim (5)	Lap Swim (5)	Lap Swim (5)	
3:00PM							
3:45PM	Lap Swim (1)	Lap Swim (2)	Lap Swim (3) to 4:15PM	Lap Swim (2) to 4:30PM	Lap Swim (5) to 4:00PM	Facility Closes 3:00PM	
4:30PM	Lap Swim (0)	Lap Swim (0)	4:15-4:30PM Lap Swim (2) 4:30-5:00PM Lap Swim (1) from 5:00PM Lap Swim (0)	Lap Swim (0)	Lap Swim (0)		
5:00PM							
5:45PM	Lap Swim (0)	Lap Swim (1)	Lap Swim (1)	Lap Swim (1)	Lap Swim (1)		
6:00PM							
6:30PM	Lap Swim (2)	Lap Swim (6)	Lap Swim (6)	Lap Swim (6)	Lap Swim (6)		
7:15PM							
7:30PM	Lap Swim (6)	Lap Swim (6)	Lap Swim (6)	Lap Swim (6)	Lap Swim (6)		
7:45PM							
Facility Closes at 7:30PM for PLHS Swim Team beginning 2/10 Therapy Pool open until 7:45PM							

Number in the (parenthesis) indicates number of lanes available. Questions about the schedule? Please contact Aquatics Director Andi by email [akeliinoi@ymcasd.org](mailto:akeliinoi@ymcasd.org)

Swim Test Required for lap lanes/deep end. Children under 4ft must have parent within arms reach at all times, wear PFD, and demonstrate water safety. Family Swim is available at all times. Space is subject to availability based on programming.

Best times: MON-THURS 5:30A-3:00PM & 5:00-7:45PM FRI 3:00-6:45PM SUN 8:00-1:00PM