



RYAN YMCA OUTDOOR LAP POOL SCHEDULE

(effective 8/14/2025)

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 AM 6:00AM	Facility Closed	Lap Swim (6)	Lap Swim (6)	Lap Swim (4) 5:30-6:30 Coached Lap Swim (2)	Lap Swim (6)	Lap Swim (6)	Facility Closed
7:00AM				Lap Swim (5) 6:00-7:15		Lap Swim (6)	
8:00AM 8:30AM 9:00AM	Lap Swim (6)					Lap Swim (6)	Lap Swim (6)
9:30AM 10:00AM 10:30AM	9:30-1:30 Lap Swim (5)	9:00-10:00 Synchronized Swim (3) Lap Swim (3)	10:15-11:00 Aqua Fit (3) Lap Swim (3)	10:15-11:00 Shallow Strength & Balance (3) Lap Swim (3)	10:15-11:00 Aqua Fit (3) Lap Swim (3)	10:15-11:00 Aqua Fit (3) Lap Swim (3)	8:20-12:40 Lap Swim (4)
11:00AM 11:30AM 12:00PM 12:30PM 1:00PM 1:30PM		Lap Swim (6)	Lap Swim (6)	Lap Swim (6)	Lap Swim (6)	11:15-12:15 Synchronized Swim (3) 11:15-12:15 Lap Swim (3) 12:15-3:00 Lap Swim (6)	
2:00PM 3:00PM		Lap Swim (6) Pool Closes 2:45PM Facility Closes 3:00PM	Lap Swim (5)	Lap Swim (0) 3:15-6:00	Lap Swim (5)	Lap Swim (5)	Lap Swim (5) until 4:00
4:00PM		Number in the (parenthesis) indicates number of lanes. Questions about the schedule? Please contact Aquatics Director Andi by email akeliinoi@ymcasd.org	Lap Swim (1) 3:45-4:30		Lap Swim (3) until 3:45	Lap Swim (1) 3:45-4:30	Lap Swim (3) until 4:15
5:00PM			Lap Swim (0) 4:30-7:15		Lap Swim (1) 3:45-5:00	Lap Swim (0) 4:30-6:00	Lap Swim (1)
5:45PM 6:00PM 6:30PM	Lap Swim (1) until 7:30 Lap Swim (1) 6:00-7:30			Lap Swim (1) until 7:30			
7:30PM 7:45PM			Lap Swim (2) 7:15-7:30	Lap Swim (1) until 7:30	Lap Swim (1) 6:00-7:30	Lap Swim (1) until 7:30	Lap Swim (1)
		Lap Swim (6)	Lap Swim (6)	Lap Swim (6)	Lap Swim (6)	Lap Swim (6)	
	Pool Closes 7:45PM Facility Closes 8:00PM						

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-4:00PM & 6:00-7:45PM FRI 3:00-6:45PM

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