



RYAN YMCA OUTDOOR LAP POOL SCHEDULE

(effective 3/1/2026)

| | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | |
|---------|--|-------------------------------------|--|-----------------------------------|---|---|----------------------------|--|
| 5:30 AM | Facility Closed | Lap Swim (6) | Lap Swim (6) | Lap Swim (4) | Lap Swim (6) | Lap Swim (6) | Facility Closed | |
| 6:00AM | | | | 5:30-6:30 Coached Lap Swim (2) | | Lap Swim (6) | | |
| 7:00AM | | | | 6:00-7:15 Lap Swim (5) | | | | |
| 8:00AM | Lap Swim (6) | 9:00-10:00 Synchronized Swim (3) | 10:15-11:00 Aqua Fit (3) Lap Swim (3) | Lap Swim (6) | 10:15-11:00 Aqua Fit (3) Lap Swim (3) | Lap Swim (6) | 8:20-12:40 Lap Swim (4) | |
| 8:30AM | | | | 10:15-11:00 Aqua Fit (3) | | 10:15-11:00 Shallow Strength & Balance (3) Lap Swim (3) | | 10:15-11:00 Aqua Fit (3) Lap Swim (3) |
| 9:00AM | | | | Lap Swim (3) | | | | |
| 9:30AM | 9:30-1:30 Lap Swim (5) | Lap Swim (6) | 11:00-11:45 Lap Swim (6) | 11:00-11:45 Lap Swim (6) | 10:15-11:00 Aqua Fit (3) Lap Swim (3) | 10:15-11:00 Aqua Fit (3) | | |
| 10:00AM | | | 11:45-12:25 Correia (3) | 11:45-12:25 Correia (3) | | 11:15-12:15 Synchronized Swim (3) | | |
| 10:30AM | | | 11:45-12:25 Lap Swim (3) | 11:45-12:25 Lap Swim (3) | | 11:15-11:45 Lap Swim (6) | | |
| 11:00AM | Lap Swim (6) | Lap Swim (6) | 12:25 Lap Swim (6) | 12:25 Lap Swim (6) | Lap Swim (6) | 11:45-12:25 Correia (3) | | |
| 11:30AM | | | 1:45-2:25 Correia (3) | 1:45-2:25 Correia (3) | | 11:45-12:25 Lap Swim (1) | | |
| 12:00PM | | | 1:45-2:25 Correia (3) | 1:45-2:25 Correia (3) | | Lap Swim (6) | | |
| 1:00PM | Lap Swim (6) | 2:25-3:15 Lap Swim (5) | Lap Swim (3) | Lap Swim (3) | Lap Swim (6) | Lap Swim (3) | | Lap Swim (5) Pool closes 4:45PM Facility Closes 5:00PM |
| 1:30PM | | | 2:25-3:15 Lap Swim (5) | 2:25-3:15 Lap Swim (5) | | 2:25-3:15 Lap Swim (5) | 2:25-3:15 Lap Swim (5) | |
| 2:00PM | | | Lap Swim (5) | Lap Swim (5) | | Lap Swim (5) | Lap Swim (5) until 4:00 | |
| 3:00PM | Lap Swim (6) Pool Closes 2:45PM Facility Closes 3:00PM | Lap Swim (1) 3:45-4:45 | Lap Swim (3) until 3:45 | Lap Swim (3) until 3:45 | Lap Swim (1) 3:45-4:30 | Lap Swim (3) until 4:15 | | |
| 4:00PM | | | Lap Swim (4) 3:15-3:45 | Lap Swim (1) 3:45-4:45 | | Lap Swim (0) 4:30-6:00 | | |
| 5:00PM | | | Lap Swim (1) 3:45-4:45 | Lap Swim (1) 3:45-7:30 | | | | |
| 5:45PM | Lap Swim (0) 4:30-7:15 | Lap Swim (0) 4:45-6:00 | Lap Swim (2) 6:00-7:30 | Lap Swim (1) 3:45-7:30 | Lap Swim (2) 6:00-7:30 | Lap Swim (1) 4:15-5:00 | | |
| 6:00PM | | | | | | Lap Swim (2) 7:15-7:30 | Lap Swim (0) 5:00-7:00 | |
| 6:30PM | | | | | | Lap Swim (2) 7:15-7:30 | Lap Swim (2) 6:00-7:30 | |
| 7:30PM | 7:30-8:45 Lap Swim (6) | 7:30-8:45 Lap Swim (6) | 7:30-8:45 Lap Swim (6) | 7:30-8:45 Lap Swim (6) | 7:30-8:45 Lap Swim (6) | 7:00-8:45 Lap Swim (6) | | |
| 8:45PM | Pool Closes 8:45PM Facility Closes 9:00PM | | | | | | | |

Number in the (parenthesis) indicates number of lanes. Questions about the schedule? Please contact Aquatics Director Andi by email 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-4:00PM & 6:00-7:45PM FRI 3:00-6:45PM