	RYAN YMCA OUTDOOR LAP POOL S					(effectiv	ve 12/2025)
the	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 AM 6:00AM	Facility Closed  Lap Swim (6)	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 (6)		Lap Swim (5) 6:00-7:15	Lap Swim (6)
8:00AM 8:30AM 9:00AM						Lap Swim (6)	
9:30AM 10:00AM 10:30AM	9:30-1:30 Lap Swim (5) Lap Swim (6) Pool Closes 2:45PM Facility Closes 3:00PM	9:00-10:00 Synchronized Swim (3) Lap Swim (3) 10:15-11:00 Aqua Fit (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		Lap Swim (6) 2:25-3:15 Lap Swim (5)	Lap Swim (6) 2:25-3:15 Lap Swim (5)	Lap Swim (6) 2:25-3:15 Lap Swim (5)	Lap Swim (6) 2:25-3:15 Lap Swim (5)	11:15-12:15 Synchronized Swim (3) Lap Swim (3)	
2:00PM						Lap Swim (6) 2:25-3:15 Lap Swim (5)	Lap Swim (5) Pool closes 4:45PM Facility Closes 5:00PM
3:00PM		Lap Swim (5)	Lap Swim (4) 3:15-3:45 Lap Swim (1) 3:45-4:45	Lap Swim (5)	Lap Swim (5)	Lap Swim (5) until 4:00	Swim Test Required for lap lanes/deep end. Children under 4ft must have parent within arms reach at all times,
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) 3:45-4:45		Lap Swim (3) until 3:45	Lap Swim (1) 3:45-4:30	Lap Swim (3) until 4:15	
5:00PM 5:45PM		Lap Swim (0) 4:45-7:15	Lap Swim (0) 4:45-6:00  Lap Swim (1) until 7:30	Lap Swim (1) 3:45-4:45	Lap Swim (0) 4:30-6:00	Lap Swim (1)	wear PFD, and demonstrate water safety. Family Swim is available at all times. Space is
6:00PM 6:30PM		Lap Swim (2) 7:15-7:30		Lap Swim (0) 4:45-6:00 Lap Swim (1) 6:00-7:30	Lap Swim (1) until 7:30		subject to availability based on programming.  Best times:
7:30PM		Lap Swim (6)	Lap Swim (6)	Lap Swim (6)	Lap Swim (6)	Lap Swim (6)	MON-THURS 5:30A-4:00PM & 6:00-7:45PM FRI 3:00-
7:45PM	Pool Closes 7:45PM Facility Closes 8:00PM						6:45PM