



# SPRING 2026 POOL SCHEDULE

## COPLEY-PRICE FAMILY YMCA

\* Schedule and lane availability are subject to change

\* Number in ( ) is the number of lanes being used

### OUTDOOR POOL

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00AM	Lap Swim (6) 5:00AM-6:00AM	Lap Swim (6) 5:00AM-8:30AM	Lap Swim (6) 5:00AM-6:00AM	Lap Swim (6) 5:00AM-8:30AM			
7:00AM	Masters Swim (3) Lap Swim (3) 6:00AM-7:00AM		Masters Swim (3) Lap Swim (3) 6:00AM-7:00AM		Lap Swim (6) 5:00AM-11:00AM	Lap Swim(6) 7:00AM-10:00AM	Lap Swim (6) 8:00AM-2:30PM
8:00AM		Lap Swim (3) Hoover High School lessons (3) 8:30AM-3:30PM		Lap Swim (3) Hoover High School lessons (3) 8:30AM-3:30PM		Lap Swim (4) Family Swim(2) 10:00AM-1:00PM	
9:00AM			Lap Swim (6) 10:00AM-5:00PM			Lap Swim (6) 1:00PM-3:30PM	
10:00AM	Lap Swim (6) 10:00AM-5:00PM			Lap Swim (5) Swim Lessons (1) 4:00PM-5:00PM			
11:00AM					Lap Swim (6) 11:00AM-5:00PM		
12:00PM							
1:00PM							
2:00PM							
3:00PM							
4:00PM							
5:00PM	Lap Swim (1) Swim Team (5) 5:00PM-7:00PM	Lap Swim (1) Swim Team (5) 5:00PM-7:00PM	Lap Swim (1) Swim Team (5) 5:00PM-7:00PM	Lap Swim (1) Swim Team (5) 5:00PM-7:00PM	Lap Swim (1) Swim Team (5) 5:00PM-7:00PM	<b>Family Swim</b> <b>SAT: 10AM-1PM</b>	
6:00PM							
7:00PM	Hoover Swim Team (3) Masters Swim (3) 7:00PM-8:00PM	Hoover Swim Team (3) Masters Swim (3) 7:00PM-8:00PM	Hoover Swim Team (3) Masters Swim (3) 7:00PM-8:00PM	Hoover Swim Team (3) Masters Swim (3) 7:00PM-8:00PM	Lap Swim (3) Hoover Swim Team (3) 7:00PM-8:00PM	<b>No Lap Swim</b> <b>7 PM-8 PM</b> <b>Monday-Thursday</b>	
8:00PM	Lap Swim (3) Hoover Swim Team (3) 8:00PM-9:00PM	Lap Swim (3) Hoover Swim Team (3) 8:00PM-9:00PM	Lap Swim (3) Hoover Swim Team (3) 8:00PM-9:00PM	Lap Swim (3) Hoover Swim Team (3) 8:00PM-9:00PM			
9:00PM							

**DOOR CODE : 1234**

### INDOOR POOL

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00AM							
7:00AM							
8:00AM	Lap Swim (6) 5:00AM-11:00AM	Lap Swim (6) 5:00AM-11:00AM	Lap Swim (6) 5:00AM-11:00AM	Lap Swim (6) 5:00AM-11:00AM	Lap Swim (6) 5:00AM-10:00AM	Lap Swim (6) 7:00AM-8:30AM	
9:00AM							
10:00AM					Arthritis Aqua (6) No Lap Swim 10:00AM-11:00AM	No Lap Swim Swim Lessons (6) 8:30AM-1:00PM	Lap Swim (3) Family Swim (3) 8:00AM-2:30PM
11:00AM	Aqua Fit (6) No Lap Swim 11:00AM-12:00PM	Aqua Fit (6) No Lap Swim 11:00AM-12:00PM	Aqua Fit (6) No Lap Swim 11:00AM-12:00PM	Aqua Interval (6) No Lap Swim 11:00AM-12:00PM	Aqua Fit (6) No Lap Swim 11:00 AM-12:00PM		
12:00PM	Lap Swim(4) Family Swim(2) 12:00PM-3:00PM	Lap Swim (4) Family Swim(2) 12:00PM-3:00PM	Lap Swim(4) Family Swim (2) 12:00PM-3:00PM	Lap Swim (4) Family Swim(2) 12:00PM-3:00PM	Lap Swim (4) Family Swim(2) 12:00PM-3:00PM	Lap Swim (3) Family Swim (3) 1:00PM-3:30PM	
1:00PM							
2:00PM							
3:00PM							
4:00PM	Lap Swim (1) Family Swim(2) Swim Lessons (3) 3:00PM-7:00PM	Lap Swim (3) Swim Lessons (3) 3:00PM-7:40PM	Lap Swim (1) Family Swim(2) Swim Lessons (3) 3:00PM-7:00PM	Lap Swim (3) Swim Lessons (3) 3:00PM-7:40PM	Lap Swim (2) Family Swim(2) Swim Lessons (2) 3:00PM-7:00PM	<b>Family Swim</b> <b>MON: 12PM-9PM</b> <b>WED: 11AM-9PM</b> <b>TUE/THURS: 12-3PM &amp; 7:40-9PM</b> <b>FRI: 12-8PM</b> <b>SAT 1:00PM-3:30PM</b> <b>SUN 8:00AM - 2:30PM</b>	
5:00PM							
6:00PM							
7:00PM	Lap Swim (4) Family Swim(2) 7:00PM-9:00PM	Lap Swim (4) Family Swim(2) 7:40PM-9:00PM	Lap Swim (4) Family Swim(2) 7:00PM-9:00PM	Lap Swim (4) Family Swim(2) 7:40PM-9:00PM	Lap Swim (3) Family Swim(3) 7:00PM-8:00PM		
8:00PM							
9:00PM							

- Lap Swimming is for ages 13 and up – children under 13 must pass a swim test or stay within arms reach of a parent to use lap lanes
- All children under 13 must pass a swim test to enter the 6ft section during family swim
- Children under 7 must have a parent in the water within arms reach at all times

Updated 2/1/2026

### SPA

Day	Time
Monday	5 AM—9 PM
Tuesday	5 AM—9 PM
Wednesday	5 AM—9 PM
Thursday	5 AM—9 PM
Friday	5 AM—8 PM
Saturday	7 AM—3:30 PM
Sunday	8 AM—11 AM

### SPLASH PAD

Day	Time
Monday	8:00AM-SUNSET
Tuesday	8:00AM-SUNSET
Wednesday	8:00AM-SUNSET
Thursday	8:00AM-SUNSET
Friday	8:00AM-SUNSET
Saturday	8:00AM-3:30PM
Sunday	8:00AM-2:30PM