



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# Lap Pool Schedule

## SOUTHEAST FAMILY YMCA Spring 2025



- This schedule is subject to change based on program needs.
- Multiple activities are often scheduled in this pool at the same time. Please be courteous and respect the space allotted for each activity.
- If there are one to two swimmers in a lane, they may elect to split the lane in half. The entrance of a third swimmer immediately changes the lane to circle swim to avoid collisions.
- One lane will be available at all times for lap swim.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30a-8a Open Swim	5:30a-8a Open Swim	5:30a-8a Open Swim	5:30a-8a Open Swim	5:30a-8a Open Swim		
8a-1p Open Swim  Water Fitness (3 lanes) 8a-9a	8a-1p Open Swim  Water Fitness 8a-9a(2 lanes) 9a-10a (3 Lanes)	8a-1p Open Swim  Water Fitness (3 lanes) 8a-9a	8a-1p Open Swim  Water Fitness 8a-9a (2 lanes) 9a-10a (3 lanes)	8a-1p Open Swim  Water Fitness (3 lanes) 8a-9a	7:30a-5p Open Swim  Swim Les- sons 8:45a-11:30a (1 lane)	12p-4:30p Open Swim
<b>POOLS CLOSED 1-4:30PM</b>	<b>POOLS CLOSED 1-4:30PM</b>	<b>POOLS CLOSED 1-4:30PM</b>	<b>POOLS CLOSED 1-4:30PM</b>	<b>POOLS CLOSED 1-4:30PM</b>		
4:30p-8p Open Swim  Swim Team 5:30p-6:30p (3 lanes)	4:30p-8p Open Swim  Swim Lessons 4:30p-7:15p (1 Lane)	4:30p-8p Open Swim  Swim Team 5:30p-6:30p (3 Lanes)	4:30p-8p Open Swim  Swim Lessons 4:30p-7:15p (1 Lane)	4:30p-8p Open Swim  Swim Team/ Swim Lesson makeups if needed		



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# Warm Pool Schedule

## SOUTHEAST FAMILY YMCA Spring 2025



- This schedule is subject to change based on program needs.
- The Splash Pool's features can be turned on by request outside of class times just ask a lifeguard.
- During water aerobics, the deep end of the warm pool is closed and fountains cannot be turned on.
- During swim lessons, the warm and splash pools are closed.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30a-8a Open Swim	5:30a-8a Open Swim	5:30a-8a Open Swim	5:30a-8a Open Swim	5:30a-8a Open Swim		
8a-1p  Water Fitness 8a-9a  Water Fitness 12p-1p	8a-1p  Water Fitness 8a-9a  Swim Lessons <b>WARM &amp; SPLASH CLOSED</b> 10a-12p	8a-1p  Water Fitness 8a-9a  Water Fitness 12p-1p	8a-1p  Water Fitness 8a-9a  Swim Lessons <b>WARM &amp; SPLASH CLOSED</b> 10a-12p	8a-1p  Water Fitness 8a-9a  Water Fitness 12p-1p	7:30a-5p  Swim Lessons <b>WARM &amp; SPLASH CLOSED</b> 8a-11:30a  Open Swim 11:30A-5P	12p-4:30 Open Swim
<b>POOLS CLOSED</b> 1-4:30PM	<b>POOLS CLOSED</b> 1-4:30PM	<b>POOLS CLOSED</b> 1-4:30PM	<b>POOLS CLOSED</b> 1-4:30PM	<b>POOLS CLOSED</b> 1-4:30PM		
4:30p-8p Open Swim	4:30p-8p  Swim Lessons <b>WARM &amp; SPLASH CLOSED</b> 4:30p-6:30p  Open Swim 6:30p-8p	4:30p-8p Open Swim	4:30p-8p  Swim Lessons <b>WARM &amp; SPLASH CLOSED</b> 4:30p-6:30p  Open Swim 6:30p-8p	4:30p-8p Open Swim  Swim Lesson makeups if needed		

Revised 7/17/24

SOUTHEAST  
FAMILY YMCA

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