

Lap Pool Schedule

SOUTHEAST FAMILY YMCA

Fall/Winter 2025-2026

Effective 8/4/25

- 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.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30a-8a Open & Lap Swim	5:30a-8a Open & Lap Swim	5:30a-8a Open & Lap Swim	5:30a-8a Open & Lap Swim	5:30a-8a Open & Lap Swim		
8a-1p Open & Lap Swim Water Fitness 8a-9a (3 Lanes)	8a-1p Open & Lap Swim Water Fitness 8a-10a (3 Lanes)	8a-1p Open & Lap Swim Water Fitness 8a-9a (3 Lanes)	8a-1p Open & Lap Swim Water Fitness 8a-10a (3 Lanes)	8a-1p Open & Lap Swim Water Fitness 8a-9a (3 Lanes)	7:30a-1115a Open & Lap Swim Swim Lessons 930a-11:15a (1 Lane)	
CLOSED 1-430p	CLOSED 1-430p	CLOSED 1-430p	CLOSED 1-430p	CLOSED 1-430p	1115a-530p Open Swim	12p-430p Open Swim
430p-8p Open & Lap Swim Swim Lessons 430p-7p (1 Lane)	430p-8p Open & Lap Swim Swim Lessons 430p-7p (1 Lane) Swim Team 5-6pm (3 lanes)	430p-8p Open & Lap Swim Swim Lessons 430p-7p (1 Lane)	430p-8p Open & Lap Swim Swim Lessons 430p-7p (1 Lane) Swim Team 5-6pm (3 lanes)	430p-8p Open & Lap Swim Swim Lesson Makeups if needed		



Warm/Splash Pool Schedule

SOUTHEAST FAMILY YMCA

Fall/Winter 2025-2026

Effective 8/4/25

- 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 swim lessons, both the warm and splash pools are closed.
- During water aerobics, the splash pool fountains cannot be turned on.

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 8a-9a and 12p-1p	8a-1p Open Swim Water Fitness 8a-9a	8a-1p Open Swim Water Fitness 8a-9a and 12p-1p	8a-1p Open Swim Water Fitness 8a-9a	8a-1p Open Swim Water Fitness 8a-9a and 12p-1p	7:30a-11:15a Warm/Splash Closed Swim Lessons 8a-11:15a	
CLOSED 1-430p	CLOSED 1-430p	CLOSED 1-430p	CLOSED 1-430p	CLOSED 1-430p	1115a-530p Open Swim	12p-430p Open Swim
430p-6p Warm/Splash Closed Swim Lessons 430p-6p	430p-6p Warm/Splash Closed Swim Lessons 430p-6p	430p-6p Warm/Splash Closed Swim Lessons 430p-6p	430p-6p Warm/Splash Closed Swim Lessons 430p-6p	430p-8p Open Swim Swim Lesson Makeups if needed		
6p-8p Open Swim	6p-8p Open Swim	6p-8p Open Swim	6p-8p Open Swim			