# LARGE POOL SCHEDULE NOVEMBER 2026

Special Events

| | MONDAY | | TUESDAY | | WEDNESDAY | | THURSDAY | | FRIDAY | | SATURDAY | | SUNDAY | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 5:00 AM | | | | | | | | | | | | | | |
| 6:00 AM | | | | | | | | | | | | | | |
| 6:30 AM | | | | | | | | | | | | | | |
| 7:00 AM | | | | | | | | | | | | | | |
| 7:30 AM | | | | | | | | | | | | | | |
| 8:00 AM | **5:00AM - 8:45PM**<br>**LAP SWIM**<br>There are typically 2 or 3 lap lanes open & 30 minutes per lap lane unless otherwise stated | | **5:00AM - 8:45PM**<br>**LAP SWIM**<br>There are typically 2 or 3 lap lanes open & 30 minutes per lap lane unless otherwise stated | | **5:00AM - 8:45PM**<br>**LAP SWIM**<br>There are typically 2 or 3 lap lanes open & 30 minutes per lap lane unless otherwise stated | | **5:00AM - 8:45PM**<br>**LAP SWIM**<br>There are typically 2 or 3 lap lanes open & 30 minutes per lap lane unless otherwise stated | | **5:00AM - 7:45PM**<br>**LAP SWIM**<br>There are typically 2 or 3 lap lanes open & 30 minutes per lap lane unless otherwise stated | | **6:00AM - 5:45PM**<br>**LAP SWIM**<br>There are typically 2 or 3 lap lanes open & 30 minutes per lap lane unless otherwise stated | | **8:00AM - 3:45PM**<br>**LAP SWIM**<br>There are typically 2 or 3 lap lanes open & 30 minutes per lap lane unless otherwise stated | |
| 8:15 PM | | | | | | | | | | | | 8:15-9:00am<br>**Water Bootcamp**<br>Michelle (closed to water walkers) | | |
| 8:30 AM | | 8:30-9:20am<br>**Aqua Fitness**<br>with Kim<br><br>9:15-10:00am<br>**Water Fitness**<br>Member Led | | 8:30-9:15am<br>**Deep Water Aerobics**<br>with Linda<br><br>9:15-9:50am<br>**Water Bike**<br>Linda | | 8:30-9:20am<br>**Aqua Fitness**<br>with Kim<br><br>9:15-10:00am<br>**Water Fitness**<br>Member Led | | 8:30-9:15am<br>**Deep Water Aerobics**<br>with Linda<br><br>9:15-9:50am<br>**Water Bike**<br>Linda | | 8:30-9:20am<br>**Aqua Fitness**<br>with Kim<br><br>9:15-10:00am<br>**Water Fitness**<br>Member Led | | | | |
| 9:00 AM | | | | | | | | | | | | | | |
| 9:15 AM | | | | | | | | | | | | | | |
| 9:30 AM | | | | | | | | | | | | 9:30-10:30am<br>**Aqua Dance**<br>Nicolle | | |
| 10:00 AM | | | | | | | | | | | | | | |
| 11:00 AM | | | | | | | | | | | | | | |
| 12:00 PM | | | | | | | | | | | | | | |
| 1:00 PM | | | | | | | | | | | | | | |
| 2:00 PM | | | | | | | | | | | | | | |
| 3:00 PM | | | | | | | | | | | | | | |
| 4:00 PM | | 4:00-6:00pm<br>**Swim Lessons** | | 4:00-6:00pm<br>**Swim Lessons** | | 4:00-6:00pm<br>**Swim Lessons** | | 4:00-6:00pm<br>**Swim Lessons** | | | | | | |
| 5:00 PM | | | | | | | | | | | | | | |
| 5:15 PM | 5:15-6:00pm<br>**Water Bootcamp**<br>Michelle (closed to water walkers) | | | | 5:15-6:00pm<br>**Water Bootcamp**<br>Michelle (closed to water walkers) | | | | | | | | | |
| 5:45 PM | | | | | | | | | | | | | | |
| 6:00 PM | | | | | | | | | | | | | | |
| 7:00 PM | | | | | | | | | | | | | | |
| 7:45 PM | | 6:00pm-9:00pm<br>**Swim Team** | | 6:00pm-9:00pm<br>**Swim Team** | | 7:00pm-9:00pm<br>**Swim Team** | | 6:00pm-9:00pm<br>**Swim Team** | | | | | | |
| 8:00 PM | | | | | | | | | | | | | | |
| 8:45 PM | | | | | | | | | | | | | | |
| 9:00 PM | | | | | | | | | | | | | | |

# SMALL POOL SCHEDULE NOVEMBER 2026

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|---|---|---|---|---|---|---|
| 5:00 AM | | | | | | | |
| 6:00 AM | | | | | | | |
| 7:00 AM | | | | | | | |
| 8:00 AM | 8:00-9:00am **Warm Water Aerobics** with Teresa | 8:00-10:30am **Water Walking** | 8:00-9:00am **Warm Water Aerobics** with Teresa | 8:00-10:30am **Water Walking** | 8:00-9:00am **Warm Water Aerobics** with Teresa | 8:00-8:30am **Open Swim** | 8:00-10:30am **Water Walking** |
| 8:15 PM | | | | | | 8:30-9:00am **Swim Lessons** (Pool closed to non-swim lesson participants) | |
| 8:30 AM | | | | | | | |
| 9:00 AM | 9:00-11:00am **Water Walking & Physical Therapy** | | 9:00-11:00am **Water Walking** | | 9:00-11:00am **Water Walking** | 9:00am-5:45pm **Open Swim** | |
| 9:15 AM | | | | | | | |
| 9:30 AM | | | | | | | |
| 10:00 AM | | | | | | | |
| 10:15 AM | | | | | | | |
| 10:30 AM | | 10:30-11:00am **Dotty Ball** | 10:30-11:00am **Dotty Ball** | 10:30-11:00am **Dotty Ball** | 10:30-11:00am **Dotty Ball** | | 10:30am-3:45pm **Open Swim** |
| 10:45 AM | | | | | | | |
| 11:00 AM | 11:00am-12:00pm **Water Aerobics** with Cathy | 11:00am-12:00pm **Aqua Toning** Cathy | 11:00am-12:00pm **Water Aerobics** with Cathy | 11:00am-12:00pm **Aqua Toning** Cathy | 11:00am-12:00pm **Water Aerobics** with Cathy | | |
| 11:30 AM | | | | | | | |
| 11:45 AM | | | | | | | |
| 12:00 PM | 12:00-1:00pm **Water Walking** | 12:00 pm-1:30pm **Water Walking** | 12:00-1:00pm **Water Walking** | **12:00-1:00pm Water Walking** | 12:00-2:30pm **Water Walking & Physical Therapy** | | |
| 12:45 PM | | | | | | | |
| 1:00 PM | 1:00-4:00pm **Open Swim** | **Home School Lessons** 1:30pm-3:00pm | 1:00-4:00pm **Open Swim** | 1:00-4:00pm **Open Swim** | | | |
| 1:30 PM | | | | | | | |
| 2:00 PM | | | | | | | |
| 3:00 PM | | 3:00-4:00pm **Open Swim** | | | | | |
| 2:30 PM | | | | | 2:30-7:45pm **Open Swim** | | |
| 3:00 PM | | | | | | | |
| 3:45 PM | | | | | | | |
| 4:00 PM | 4:00-7:00pm **Swim Lessons** (Pool closed to non-swim lesson participants) | 4:00-7:00pm **Swim Lessons** (Pool closed to non-swim lesson participants) | 4:00-7:00pm **Swim Lessons** (Pool closed to non-swim lesson participants) | 4:00-7:00pm **Swim Lessons** (Pool closed to non-swim lesson participants) | | | |
| 5:00 PM | | | | | | | |
| 5:45 PM | | | | | | | |
| 6:00 PM | | | | | | | |
| 6:45 PM | | | | | | | |
| 7:00 PM | 7:00-8:45pm **Open Swim** | 7:00-8:45pm **Open Swim** | 7:00-8:45pm **Open Swim** | 7:00-8:45pm **Open Swim** | | | |
| 7:45 PM | | | | | | | |
| 8:00 PM | | | | | | | |
| 8:45 PM | | | | | | | |
| 9:00 PM | | | | | | | |

**Open Swim** – The pool is open to all ages per YMCA protocal for recreational swimming (not intended for water walking)
**Dotty Ball** – A fun interactive game where you attempt to keep the ball from touching the water! Water walking is allowed during this time as well.