RYAN YMCA OUTDOOR LAP POOL SCHEDULE

(effective 3/1/2026)

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 AM 6:00AM	Facility Closed	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)		6:00-7:15 Lap Swim (5)	Lap Swim (6)
8:00AM 8:30AM	Lap Swim (6)					Lap Swim (6)	8:20-12:40 Lap Swim (4)
9:00AM		9:00-10:00 Synchronized Swim (3) 10:15-11:00 Aqua Fit (3) Lap Swim (3)					
9:30AM 10:00AM 10:30AM	9:30-1:30 Lap Swim (5)		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)	
11:00AM 11:30AM		Lap Swim (6)	11:00-11:45 Lap Swim (6) 11:45-12:25 Correia (3) 11:45-12:25 Lap Swim (3)	11:00-11:45 Lap Swim (6) 11:45-12:25 Correia (3) 11:45-12:25 Lap Swim (3)	Lap Swim (6)	11:15-12:15 Synchronized Swim (3) 11:15-11:45 Lap Swim (6) 11:45-12:25 Correia (3) 11:45– 12:25 Lap Swim (1)	
12:00PM 1:00PM			12:25 Lap Swim (6)	12:25 Lap Swim (6)		Lap Swim (6)	
1:30PM			1:45-2:25 Correia (3) Lap Swim (3)	1:45-2:25 Correia (3) Lap Swim (3)	1:45-2:25 Correia (3) Lap Swim (3)	1:45-2:25 Correia (3) Lap Swim (3)	
2:00PM	Lap Swim (6) Pool Closes 2:45PM Facility Closes 3:00PM	2:25-3:15 Lap Swim (5)	2:25-3:15 Lap Swim (5)	2:25-3:15 Lap Swim (5)	2:25-3:15 Lap Swim (5)	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 (5)	Lap Swim (5)	Lap Swim (5) until 4:00	
4:00PM		Lap Swim (1) 3:45-4:45	Lap Swim (4) 3:15-3:45 Lap Swim (1) 3:45-4:45 Lap Swim (0) 4:45-6:00	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) 4:30-7:15		Lap Swim (1) 3:45-7:30	Lap Swim (0) 4:30-6:00	Lap Swim (1) 4:15-5:00	
6:00PM			Lap Swim (2) 6:00-7:30		Lap Swim (2) 6:00-7:30	Lap Swim (0) 5:00-7:00	
6:30PM		Lap Swim (2) 7:15-7:30					
7:30PM		7:30-8:45 Lap Swim (6)	7:30-8:45 Lap Swim (6)	7:30-8:45 Lap Swim (6)	7:30-8:45 Lap Swim (6)	7:00-8:45 Lap Swim (6)	
8:45PM		Pool Closes 8:45PM Facility Closes 9:00PM					

Number in the (parenthesis) indicates number of lanes. Questions about the schedule? Please contact Aquatics Director Andi by email akeliinoi@ymcasd.org

Swim Test Required for lap lanes/deep end. Children under 4ft must have parent within arms reach at all times, wear PFD, and demonstrate water safety. **Family Swim is available at all times. Space is subject to availability based on programming.**

Best times:
MON-THURS 5:30A-4:00PM & 6:00-7:45PM FRI 3:00-6:45PM