



FOR YOUTH DEVELOPMENT™  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# INDOOR POOL SCHEDULE

**WARREN COUNTY YMCA**

**January 5 – February 28, 2026**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30–7:00am Adult Lap Swim	5:30–7:00am Adult Lap Swim	5:30–7:00am Adult Lap Swim	5:30–7:00am Adult Lap Swim	5:30–7:00am Adult Lap Swim	
7:00–8:15am Lap Swim / Exercise	7:00–8:45am Lap Swim / Exercise	7:00–8:15am Lap Swim / Exercise	7:00–8:45am Lap Swim / Exercise	7:00–8:15am Lap Swim / Exercise	
8:30–9:15am Aquatic Aerobics		8:30–9:15am Aquatic Aerobics		8:30–9:15am Aquatic Aerobics	8:30–10:00am Private Lessons *Lap Lanes OPEN
9:15–10:00am Lap Swim/ Exercise	9:00–9:45am Aquatic H.I.I.T.	9:15–10:00am Lap Swim/ Exercise	9:00–9:45am Deep Water Exercise	9:15–10:00am Lap Swim/ Exercise	
10:00–10:30am OPEN SWIM	10:00–10:30am OPEN SWIM	10:00–10:30am OPEN SWIM	10:00–10:30am OPEN SWIM	10:00–10:30am OPEN SWIM	10:00–11:30am Group/Private Swim Lessons *Lap Lanes OPEN
10:30am– 12:00pm POOL CLOSED	10:30am– 12:00pm POOL CLOSED	10:30am– 12:00pm POOL CLOSED	10:30am– 12:00pm POOL CLOSED	10:30am– 12:00pm POOL CLOSED	
					11:30–12:00pm POOL CLOSED
12:00–2:00pm Lap Swim / Exercise	12:00–2:00pm Lap Swim / Exercise	12:00–2:00pm Lap Swim / Exercise	12:00–2:00pm Lap Swim / Exercise	12:00–2:00pm Lap Swim / Exercise	12:00–3:30pm OPEN SWIM
2:00–3:00pm POOL CLOSED	2:00–3:00pm POOL CLOSED	2:00–3:00pm POOL CLOSED	2:00–3:00pm POOL CLOSED	2:00–3:00pm POOL CLOSED	
3:00–4:00pm OPEN SWIM	3:00–4:00pm OPEN SWIM	3:00–4:00pm OPEN SWIM	3:00–4:00pm OPEN SWIM	3:00–6:00pm OPEN SWIM	
4:00–5:00pm Private/Semi- Private Lessons *Lap Lanes OPEN	4:00–5:00pm Private/Semi- Private Lessons *1 Lap Lane OPEN	4:00–5:00pm Private/Semi- Private Lessons *Lap Lanes OPEN	4:00–5:00pm Private/Semi- Private Lessons *1 Lap Lane OPEN		
5:00–6:00pm Adult Fitness / Exercise + Private Lessons *Lap Swim/Lanes CLOSED	5:00–6:00pm Group Swim Lessons *Lap Swim/Lanes CLOSED	5:00–6:00pm Aqua Zumba + Private Lessons *Lap Swim/Lanes CLOSED	5:00–6:00pm Group Swim Lessons *Lap Swim/Lanes CLOSED		
6:00–7:30pm Swim Team Practice POOL CLOSED	6:00–7:30pm Swim Team Practice POOL CLOSED	6:00–7:30pm Swim Team Practice POOL CLOSED	6:00–7:30pm Swim Team Practice POOL CLOSED	6:00–7:30pm Swim Team Practice POOL CLOSED	

**WARREN COUNTY YMCA**

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