



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

WARREN COUNTY YMCA

700 West Harlem Avenue, Monmouth, IL 61462  
P 309 734 3183 F 309 734 7347 warrencountyymca.org