



FOR YOUTH DEVELOPMENT™
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

INDOOR POOL SCHEDULE

WARREN COUNTY YMCA
 July 1 – August 22, 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30–8:15am Adult Lap Swim / Exercise	5:30–8:45am Adult Lap Swim / Exercise	5:30–8:15am Adult Lap Swim / Exercise	5:30–8:45am Adult Lap Swim / Exercise	5:30–8:45am Adult Lap Swim / Exercise	
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 Deep Water Fitness	9:15–10:00am Lap Swim/ Exercise	9:00–9:45am Aqua Barre	9:00–9:45am Aqua Zumba®	
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	11:30–2:00pm 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	
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 Lap Swim/Lessons	3:00–4:00pm OPEN SWIM	3:00–4:00pm Lap Swim/Lessons	3:00–4:00pm OPEN SWIM	3:00–6:30pm Lap Swim/Exercise	
3:30–5:00pm Private/Semi- Private Lessons *1 Lap Lane OPEN	3:30–5:00pm Private/Semi- Private Lessons *1 Lap Lane OPEN	3:30–5:00pm Private/Semi- Private Lessons *1 Lap Lane OPEN	3:30–5:00pm Private/Semi- Private Lessons *1 Lap Lane OPEN		
5:00–5:45pm Aqua Fit + Private Lessons *Lap Swim/Lanes CLOSED	5:00–6:00pm Group Swim Lessons *Lap Swim/Lanes CLOSED	5:00–5:45pm Aqua Zumba® + Private Lessons *Lap Swim/Lanes CLOSED	5:00–6:00pm Group Swim Lessons *Lap Swim/Lanes CLOSED		
			5:30–6:00pm Parent & Child Swim Class *Lap Swim/Lanes CLOSED		
6:00–7:30pm OPEN SWIM *1 Lap Lane Closed for Swim Lessons	6:00–7:30pm Lap Swim/Exercise	6:00–7:30pm OPEN SWIM	6:00–7:30pm Lap Swim/Exercise		