



FOR YOUTH DEVELOPMENT™  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# INDOOR POOL SCHEDULE

**WARREN COUNTY YMCA**

**September 14 – October 10, 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                                                  | 7:00-8:00am<br>Lap Swim /<br>Exercise                                      | 7:00-7:45am<br>Lap Swim /<br>Exercise                                                  | 7:00-8:00am<br>Lap Swim /<br>Exercise                                      | 7:00-8:15am<br>Lap Swim /<br>Exercise                      |                                                                  |
| 8:30-9:15am<br>Aquatic Aerobics                                                        | 8:15-8:45am<br>Aqua H.I.I.T.                                               | 8:00-8:45am<br>Aqua Barre                                                              | 8:15-8:45am<br>Aqua Zumba®                                                 | 8:30-9:15am<br>Aquatic Aerobics                            | 8:30-10:00am<br>Private Lessons<br><b>*Lap Lanes OPEN</b>        |
| 9:15-10:00am<br>Lap Swim/ Exercise                                                     | 9:00-9:45am<br>Deep Water<br>Fitness                                       | 9:00-10:00am<br>Lap Swim/ Exercise                                                     | 9:00-9:45am<br>Deep Water<br>Fitness                                       | 9:15-10:00am<br>Lap Swim/<br>Exercise                      |                                                                  |
| 10:00-10:30am<br><b>OPEN SWIM</b>                                                      | 10:00-10:30am<br><b>OPEN SWIM</b>                                          | 10:00-10:30am<br><b>OPEN SWIM</b>                                                      | 10:00-10:30am<br><b>OPEN SWIM</b>                                          | 10:00-10:30am<br><b>OPEN SWIM</b>                          | 10:00-11:30am<br>Group Swim<br>Lessons<br><b>*Lap Lanes OPEN</b> |
| 10:30am-12:00pm<br><b>POOL CLOSED</b>                                                  | 10:30am-12:00pm<br><b>POOL CLOSED</b>                                      | 10:30am-12:00pm<br><b>POOL CLOSED</b>                                                  | 10:30am-12:00pm<br><b>POOL CLOSED</b>                                      | 10:30am-12:00pm<br><b>POOL CLOSED</b>                      |                                                                  |
|                                                                                        |                                                                            |                                                                                        |                                                                            |                                                            | 11:30-12:00pm<br><b>POOL CLOSED</b>                              |
| 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><b>OPEN SWIM</b>                                 |
| 2:00-3:00pm<br><b>POOL CLOSED</b>                                                      | 2:00-3:00pm<br><b>POOL CLOSED</b>                                          | 2:00-3:00pm<br><b>POOL CLOSED</b>                                                      | 2:00-3:00pm<br><b>POOL CLOSED</b>                                          | 2:00-3:00pm<br><b>POOL CLOSED</b>                          |                                                                  |
| 3:00-4:00pm<br><b>OPEN SWIM</b>                                                        | 3:00-4:00pm<br><b>OPEN SWIM</b>                                            | 3:00-4:00pm<br><b>OPEN SWIM</b>                                                        | 3:00-4:00pm<br><b>OPEN SWIM</b>                                            | 3:00-6:00pm<br><b>OPEN SWIM</b>                            |                                                                  |
| 4:00-5:00pm<br>Private/Semi-<br>Private Lessons<br><b>*Lap Lanes OPEN</b>              | 4:00-5:00pm<br>Private/Semi-<br>Private Lessons<br><b>*1 Lap Lane OPEN</b> | 4:00-5:00pm<br>Private/Semi-<br>Private Lessons<br><b>*Lap Lanes OPEN</b>              | 4:00-5:00pm<br>Private/Semi-<br>Private Lessons<br><b>*1 Lap Lane OPEN</b> |                                                            |                                                                  |
| 5:00-6:00pm<br>Aqua H.I.I.T. +<br>Private Lessons<br><b>*Lap Swim/Lanes<br/>CLOSED</b> | 5:00-6:00pm<br>Group Swim<br>Lessons<br><b>*Lap Swim/Lanes<br/>CLOSED</b>  | 5:00-6:00pm<br>Aqua H.I.I.T. +<br>Private Lessons<br><b>*Lap Swim/Lanes<br/>CLOSED</b> | 5:00-6:00pm<br>Group Swim<br>Lessons<br><b>*Lap Swim/Lanes<br/>CLOSED</b>  |                                                            |                                                                  |
| 6:00-7:30pm<br>Swim Team<br>Practice<br><b>POOL CLOSED</b>                             | 6:00-7:30pm<br>Swim Team<br>Practice<br><b>POOL CLOSED</b>                 | 6:00-7:30pm<br>Swim Team<br>Practice<br><b>POOL CLOSED</b>                             | 6:00-7:30pm<br>Swim Team<br>Practice<br><b>POOL CLOSED</b>                 | 6:00-7:30pm<br>Swim Team<br>Practice<br><b>POOL CLOSED</b> |                                                                  |

**WARREN COUNTY YMCA**

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