



RYAN YMCA OUTDOOR LAP POOL SCHEDULE

(updated 4/2024)

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday					
5:30 AM	Facility Closed	Lap Swim (6)	Lap Swim (6)	Lap Swim (6)	Lap Swim (6)	Lap Swim (6)	Facility Closed					
6:00AM 7:00AM				Lap Swim (4) Coached Lap Swim (2)		Lap Swim (4) 6:00-7:15AM Teen Cross Training (2)						
8:00AM				Lap Swim (6)		Lap Swim (6)						
8:30AM	Lap Swim (4)			Lap Swim (6)		Lap Swim (6)	Lap Swim (4)					
9:00AM						8:30-9:00AM Correia Swim PE (3) Lap Swim (3)						
9:30AM	Lap Swim (5)	Lap Swim (4) 9:30-11:30AM Ocean Beach Elementary School (2+Shallow)	10:15-11:00AM Aqua Fit (3) Lap Swim (3)	Lap Swim (1) 9:30-11:45AM Dewey Elementary School (2+Shallow) 10:15-11:00AM Shallow Strength & Balance (3)	10:15-11:00AM Aqua Fit (3) Lap Swim (3)	10:15-11:00AM Aqua Fit (3) Lap Swim (3)	9:30-12:30PM Lap Swim (4)					
10:00AM												
10:30AM												
11:00AM			11:15-12:15PM Synchronized Swim (3) Lap Swim (3)					11:15-12:15PM Synchronized Swim (3) Lap Swim (3)				
11:30AM												
12:00PM	Facility Closes 1:00PM	Lap Swim (6)	Lap Swim (6)	Lap Swim (6)	Lap Swim (6)	Lap Swim (6)	12:30-1:30PM Lap Swim (3)					
12:30PM												
1:00PM												1:00-1:30PM Correia Swim PE (3) Lap Swim (3)
1:30PM												
2:00PM												Lap Swim (6)
3:00PM		Lap Swim (5)	Lap Swim (5)	Lap Swim (5)	Lap Swim (5)	Lap Swim (5)	Facility Closes 3:00PM					
3:45PM		Lap Swim (3)	Lap Swim (3)	Lap Swim (3)	Lap Swim (3)	Lap Swim (3)						
4:00PM	Number in the (parenthesis) indicates number of lanes. Questions about the schedule? Please contact Aquatics Director Andi by email ahunziker@ymcasd.org	Lap Swim (1)				Lap Swim (1)	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					
5:00PM												
5:45PM			Lap Swim (0)	Lap Swim (0)	Lap Swim (1)	Lap Swim (0)		Lap Swim (1)				
6:00PM			Lap Swim (0)									
6:30PM								Lap Swim (2)				
7:15PM		Lap Swim (5)	Lap Swim (6)	Lap Swim (5)	Lap Swim (6)	Lap Swim (5)						
7:30PM	Facility Closes at 7:30PM for PLHS Swim Team											