



# RYAN YMCA OUTDOOR LAP POOL SCHEDULE

(effective 5/21/2024)

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 AM	Facility Closed			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 (6)	Lap Swim (4)
9:00AM							
9:30AM	Lap Swim (5)		10:15-11:00AM Aqua Fit (3) Lap Swim (3)	10:15-11:00AM Shallow Strength & Balance (3) Lap Swim (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							
11:30AM							
12:00PM	11:15-12:15PM Synchronized Swim (3) Lap Swim (3)					11:15-12:15PM Synchronized Swim (3) Lap Swim (3)	12:30-1:30PM Lap Swim (3)
12:30PM							
1:00PM	Facility Closes 1:00PM	Lap Swim (6)	Lap Swim (6)	Lap Swim (6)	Lap Swim (6)	Lap Swim (6)	1:30-3:00PM Lap Swim (5)
1:30PM							
2:00PM							
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		Lap Swim (1)	Lap Swim (0)	Lap Swim (1)	Lap Swim (0)	Lap Swim (1)	
5:00PM							
5:45PM							
6:00PM	Lap Swim (0)	Lap Swim (6)	Lap Swim (6)	Lap Swim (6)	Lap Swim (6)	Lap Swim (6)	
6:30PM							
7:15PM		Lap Swim (6)	Lap Swim (6)	Lap Swim (6)	Lap Swim (6)	Lap Swim (6)	
7:45PM	Facility Closes at 7:45PM						

Number in the (parenthesis) indicates number of lanes. Questions about the schedule? Please contact Aquatics Director Andi by email [ahunziker@ymcasd.org](mailto:ahunziker@ymcasd.org)

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