



# RYAN YMCA OUTDOOR LAP POOL SCHEDULE

(updated 8/29/2024)

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday			
5:30 AM	Facility Closed		Lap Swim (6)	Lap Swim (4) 5:30-6:30AM Coached Lap Swim (2)	Lap Swim (6)	Lap Swim (6) 6:00-7:15PM (5)	Facility Closed			
6:00AM										
8:00AM	Lap Swim (4)	Lap Swim (6)	8:50-9:30AM Correia (3) Lap Swim (3)	Lap Swim (6)	Lap Swim (6)	Lap Swim (6) 6:00-7:15PM (5)	Lap Swim (4)			
8:30AM										
9:00AM										
9:30AM	Lap Swim (5)	Lap Swim (6)	Lap Swim (6)	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										
11:30AM										
12:00PM	Facility Closes 1:00PM	Lap Swim (6)	1:45-2:25PM Correia (3) Lap Swim (3)	Lap Swim (6)	Lap Swim (6)	11:15-12:15PM Synchronized Swim (3) Lap Swim (3)	12:30-1:30PM Lap Swim (3)			
12:30PM										
1:00PM										
1:30PM										
2:00PM										
3:00PM		Lap Swim (5)	Lap Swim (5)	Lap Swim (5)	Lap Swim (5)	Lap Swim (5) to 4:00PM	Facility Closes 3:00PM			
3:45PM		Lap Swim (1)	Lap Swim (2)	Lap Swim (3) to 4:15PM	Lap Swim (2) to 4:30PM					
4:30PM		Lap Swim (0)	Lap Swim (0)	4:15-4:30PM Lap Swim (2) 4:30-5:00PM Lap Swim (1) from 5:00PM Lap Swim (0)	Lap Swim (0)	4:00-4:15PM Lap Swim (3) 4:15-5:00PM Lap Swim (2) 5:00-5:30PM 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										
6:00PM										
6:30PM			Lap Swim (1)		Lap Swim (1)	5:30-6:45PM Lap Swim (0)				
7:15PM		Lap Swim (2)				from 6:45PM Lap Swim (4)				
7:30PM		Lap Swim (6)	Lap Swim (6)	Lap Swim (6)	Lap Swim (6)	From 7:00PM 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 [akeliinoi@ymcasd.org](mailto:akeliinoi@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