



RYAN YMCA OUTDOOR LAP POOL SCHEDULE

(updated 4/18/2025)

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 AM	Facility Closed	Lap Swim (6)	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				Lap Swim (6)			Lap Swim (4)
7:00AM							
8:00AM	Lap Swim (5) Pool Closes 2:45PM Facility Closes 3:00PM	Lap Swim (6)	10:10-11:00AM Aqua Fit (3) Lap Swim (3)	Silver Gate Elementary 4/23-5/14 Shallow+2 lanes 8:15-9:15AM Ocean Beach Elementary 4/9-5/7 Shallow+2 lanes 9:30-12:15PM Lap Swim (2) 10:10-11:00AM Shallow Strength & Balance (3) Lap Swim (3)	Dewey Elementary 3/20-4/17 Shallow+2 lanes 9:45-11:45AM Lap Swim (2) 10:10-11:00AM Aqua Fit (3) Lap Swim (3)	10:10-11:00AM Aqua Fit (3) Lap Swim (3)	9:30-12:40PM Lap Swim (4)
8:30AM							
9:00AM							
9:30AM		11:15-12:15PM Synchronized Swim (3) 11:15-12:15PM Lap Swim (3)	Lap Swim (6)	Lap Swim (6)	Lap Swim (6)	11:15-12:15PM Synchronized Swim (3) 11:15-12:15PM Lap Swim (3)	Lap Swim (5)
10:00AM							
10:30AM							
11:00AM		From 12:15PM Lap Swim (6)	Lap Swim (6)	Lap Swim (6)	Lap Swim (6)	From 12:15PM Lap Swim (6)	Lap Swim (5)
11:30AM							
12:00PM							
12:30PM		Lap Swim (5)	Lap Swim (5)	Lap Swim (5)	Lap Swim (5)	Lap Swim (5) to 3:45PM	Pool Closes 4:45PM Facility Closes 5:00PM
1:00PM							
1:30PM							
2:00PM	Number in the (parenthesis) indicates number of lanes available. Questions about the schedule? Please contact Aquatics Director Andi by email akeliinoi@ymcasd.org	Lap Swim (1)	Lap Swim (2)	Lap Swim (3) to 4:15PM	Lap Swim (2) to 4:30PM	Lap Swim (0)	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.
3:00PM		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)		
3:45PM		Lap Swim (0)	Lap Swim (1)	Lap Swim (1)	Lap Swim (1)		
4:30PM		Lap Swim (2)	Lap Swim (6)	Lap Swim (6)	Lap Swim (6)	from 6:45PM Lap Swim (4)	Best times: MON-THURS 5:30A -3:00PM & 5:00-7:45PM FRI 3:00-6:45PM SAT 12:00-
5:00PM		Lap Swim (6)	Lap Swim (6)	Lap Swim (6)	Lap Swim (6)	From 7:00PM Lap Swim (6)	
5:45PM							
6:00PM							
6:30PM							
7:15PM							
7:30PM							
7:45PM		Facility Closes at 7:30PM for PLHS Swim Team through 5/10 Therapy Pool open until 7:45PM					