RYAN YMCA OUTDOOR LAP POOL SCHEDULE (updated 4/7/2025)

Time	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	Facility Closed	Lap Swim (6)	Lap Swim (6)	Lap Swim (6)	Lap Swim (6)	Lap Swim (6) / 6:00-7:15PM (5)	
7:00AM	Facility Closed	Lap Swim (6)	Lap Swim (6)	Lap Swim (6)	Lap Swim (6)	Lap Swim (6) / 6:00-7:15PM (5)	Lap Swim (4)
8:00AM	Lap Swim (5)	Lap Swim (6)	Lap Swim (6)	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 (6)	Lap Swim (6)	Lap Swim (4)
8:30AM	Lap Swim (5)	Lap Swim (6)	Lap Swim (6)		Lap Swim (6)	Lap Swim (6)	Lap Swim (4)
9:00AM	Lap Swim (5)	Lap Swim (6)	Lap Swim (6)		Lap Swim (6)	Lap Swim (6)	9:30-12:40PM Lap Swim (4)
9:30AM	Lap Swim (5)	Lap Swim (6)	10:10-11:00AM Aqua Fit (3) Lap Swim (3)		Dewey Elementary 3/20-4/17 Shallow+2 lanes 9:45-11:45AM	10:10-11:00AM Aqua Fit (3) Lap Swim (3)	9:30-12:40PM Lap Swim (4)
10:00AM	Lap Swim (5)	Lap Swim (6)	10:10-11:00AM Aqua Fit (3) Lap Swim (3)	Lap Swim (2); 10:10-11:00AM Shallow Strength & Balance (3); Lap Swim (3)	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)
10:30AM	Lap Swim (5)	Lap Swim (6)					9:30-12:40PM Lap Swim (4)
11:00AM	Lap Swim (5)	11:15-12:15PM Synchronized Swim (3); 11:15-12:15PM Lap Swim (3)				11:15-12:15PM Synchronized Swim (3); 11:15-12:15PM Lap Swim (3)	9:30-12:40PM Lap Swim (4)
11:30AM	Lap Swim (5)	11:15-12:15PM Synchronized Swim (3); 11:15-12:15PM Lap Swim (3)	Lap Swim (6)			11:15-12:15PM Synchronized Swim (3); 11:15-12:15PM Lap Swim (3)	9:30-12:40PM Lap Swim (4)
12:00PM	Lap Swim (5)	From 12:15PM Lap Swim (6)	Lap Swim (6)	Lap Swim (6)	Lap Swim (6)	From 12:15PM Lap Swim (6)	Lap Swim (5)
12:30PM	Lap Swim (5)	From 12:15PM Lap Swim (6)	Lap Swim (6)	Lap Swim (6)	Lap Swim (6)	From 12:15PM Lap Swim (6)	Lap Swim (5)
1:00PM	Lap Swim (5)	From 12:15PM Lap Swim (6)	Lap Swim (6)	Lap Swim (6)	Lap Swim (6)	From 12:15PM Lap Swim (6)	Lap Swim (5)
1:30PM	Lap Swim (5)	From 12:15PM Lap Swim (6)	Lap Swim (6)	Lap Swim (6)	Lap Swim (6)	From 12:15PM Lap Swim (6)	Lap Swim (5)
	Pool Closes 2:45PM **Facility Closes 3:00PM**						
2:00PM		From 12:15PM Lap Swim (6)	Lap Swim (6)	Lap Swim (6)	Lap Swim (6)	From 12:15PM Lap Swim (6)	Lap Swim (5)
3:00PM		Lap Swim (5)	Lap Swim (5)	Lap Swim (5)	Lap Swim (5)	Lap Swim (5) to 4:00PM	Pool Closes 4:45PM **Facility Closes 5:00PM**
3:45PM		Lap Swim (1)	Lap Swim (2)	Lap Swim (3) to 4:15PM	Lap Swim (2) to 4:30PM	Lap Swim (5) to 4:00PM	
4:30PM		Lap Swim (0)	Lap Swim (1)	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)	
5:00PM		Lap Swim (0)	Lap Swim (1)		Lap Swim (0)		
5:45PM		Lap Swim (0)	Lap Swim (1)		Lap Swim (0)		
6:00PM		Lap Swim (0)	Lap Swim (1)		Lap Swim (1)	5:30-6:45PM Lap Swim (0)	
6:30PM		Lap Swim (0)	Lap Swim (1)		Lap Swim (1)	5:30-6:45PM Lap Swim (0)	
7:15PM		Lap Swim (2)	Lap Swim (1)		Lap Swim (1)	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 7:30PM for PLHS Swim Team through 5/10 Therapy Pool open until 7:45PM						

Sunday note: Number in the (parenthesis) indicates number of lanes available. Questions about the schedule? Please contact Aquatics Director Andi by email akeliinoi@ymcasd.org

Saturday note: 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-3:00PM & 5:00-7:45PM FRI 3:00-6:45PM SAT 12:00-2:45PM SUN 8:00-2:45PM