



ASHLAND YMCA POOL SCHEDULE

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WEST POOL

ADULT OPEN

MONDAY

7:45-9:00 am
10:35 am-12:00 pm

TUESDAY

7:45-9:00 am
10:30 am-12:00 pm

WEDNESDAY

7:45-9:00 am
10:35 am-12:00 pm

THURSDAY

7:45 am-9:00 am
10:35 am-12:00 pm

FRIDAY

7:45 am-9:00 am
10:30 am-12:00 pm

FAMILY OPEN SWIM

MONDAY

12:00-1:00 pm

TUESDAY

12:00-1:00 pm

WEDNESDAY

12:00-1:00 pm

5-8 pm

THURSDAY

12:00-1pm

5-8 pm

FRIDAY

12:00 pm-1:00 pm

4:45 pm-6:45 pm

SATURDAY

9 am -4 pm

SUNDAY

1 pm - 4 pm

Saturday open swim subject to change due to rentals, please call for updates.

WATER FITNESS WEST POOL

MONDAY Aquacise

9:00-10 am

TUESDAY Arthritis

9:00-10 am (Cindy)

WEDNESDAY Aquacise

9:00-10 am
4:15-5pm (Christine)

THURSDAY Arthritis

9-10 am (Cindy)

FRIDAY Aquacise

9:00-10 am

*class times and instructors are subject to change based on special swim programs and availability

Additional Information

*Any child under the age of 13 must take a swim test in order to enter the deep end of the pool.

*6 & Under must be accompanied by an adult 18 years or older.

*Swim Lessons will be offered Monday and Tuesday evenings.

*Private lessons are also available.

Please see brochure or website for all information.

Schedule Effective January 2019

EAST POOL Lap Swimming

Monday

5:45 - 7:30 am
10:00-12:30 pm
5:15-6:30 pm (share with HS)
ACES - 6:30-8:00 pm

Tuesday

5:45 - 7:30 am
10:00-12:30 pm
5:15-6:30 pm (share with HS)
ACES - 6:30-8:00 pm

Wednesday

5:45 - 7:30 am
10:00-12:30 pm
5:15-6:30 pm (share with HS)
ACES - 6:30-8:00 pm

Thursday

5:45 - 7:30 am
10:00-12:30 pm
5:15-6:30 pm (share with HS)
ACES - 6:30-8:00 pm

Friday

5:45 - 7:30 am
10:00-12:30 pm
5:15-6:45 pm (share with HS)

Saturday

7:30-9 am (share with HS)
The East pool is for lap swimming and private lessons only. Please move up and down the lanes continuously.
Pool Hours are subject to change.

WEST POOL; 9 FT. depth
20 Yards, 4 Lanes
84 laps to a mile

Ashland YMCA
207 Miller Street
419-289-0626
aquatics@ashlandymca.org

EAST POOL: 10 ft depth
25 Meters, 6 Lanes
66 laps to a mile