



ASHLAND YMCA POOL SCHEDULE

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WEST POOL **Adult Open Swim**

Monday-Friday

(max 14 swimmers per time slot)

7:45-8:15 am

8:15-8:45 am

8:45-9:15 am

10:00-10:30 am Please be aware that this time will no longer be available starting August 30th

***9:15-10:00 am - class only - please register (max of 14 participants)**

FAMILY OPEN SWIM
(max 15 swimmers per time slot and you must sign up ahead of time)

Thursday

5:00-5:45 pm

6:00-6:45 pm

7:00-7:45 pm

Friday

4:30-5:15 pm

5:30-6:15 pm

Saturday

11:00am-11:45 am

12:00-12:45 pm

WATER FITNESS

WEST POOL

MONDAY Aquacise

9:15-10:00 am

TUESDAY Arthritis

9:15-10:00 am

WEDNESDAY Aquacise

9:15-10:00 am

THURSDAY Arthritis

9:15-10:00 am

FRIDAY Aquacise

9:15-10:00 am

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

Please use our online reservation platform to reserve your time by going to our Facebook page or our website www.ashlandy.org

Schedule Effective August 2021

EAST POOL

Lap Swimming ONLY

Monday - Friday

5:45-7:30 am

10:30-12:15 pm

****On August 17th and 19th the pool will be open from 11-12:15pm, due to a school group coming to swim.**

5:00-6:30 pm

Saturday

7:30-8:15 am

8:15-9:00 am

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 due to staffing.

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

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

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