



ASHLAND YMCA POOL SCHEDULE

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WEST POOL

Adult Open Swim

Monday-Friday

(max 8 swimmers per time slot)

7:45-8:15am

8:15-8:45am

8:45-9:15am

9:15-9:45 am

FAMILY OPEN SWIM

(max 8 swimmers per time slot)

DECEMBER 28, 29, 30

12:00-12:45pm

1:00-1:45pm

Saturday

11:00am-11:45am

12:00-12:45pm

Sunday

1:00-1:45pm

2:00-2:45pm

COVID – 19 NEW POOL RULES

- You **MUST** check in at the front desk.
- You **MUST** reserve your time slot.
- Locker rooms are open, however we do still encourage people to arrive and leave in your swim suit when possible.
- You are encouraged to bring your own equipment, kick boards, noodles, pull buoys etc.

WATER FITNESS

EAST POOL

MONDAY Aquacise

9:00-9:45 am

TUESDAY Arthritis

9:00-9:45 am

WEDNESDAY Aquacise

9:00-9:45 am

THURSDAY Arthritis

9:00-9:45 am

FRIDAY Aquacise

9:00-9:45 am

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

EAST POOL

Lap Swimming ONLY

Monday - Friday

5:45 – 6:30 am

6:45 – 7:30 am

9:00 - 9:45 am CLASS

10:30-11:15 am

11:30-12:15 pm

5:00 – 6:30 SHARED WITH High School!

Saturday

7:30 – 8:15 am

8:15 – 9:00 am

SHARED WITH High School

The highlighted spots are to inform you that there are limited spots available. Members will have to share lanes as there is a high school swim team in the pool at the same time.

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.

Please use our online reservation platform to reserve your time.

Schedule Effective December 2020

**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**