



ASHLAND YMCA POOL SCHEDULE

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WEST POOL

Adult Open Swim

Monday-Friday

(max 12 swimmers per time slot)

7:45-8:15am

8:15-8:45am

8:45-9:15am

10:00-10:30am

***9:15-10:00 am - class only - please register (max of 12 participants)**

FAMILY OPEN SWIM

(max 12 swimmers per time slot and you must sign up ahead of time)

Thursday

5:00-5:45pm

6:00-6:45pm

7:00-7:45pm

Friday

4:30-5:15pm

5:30-6:15pm

Saturday

11:00am-11:45am

12:00-12:45pm

1:00-1:45pm

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.

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.ashlandymca.org

Schedule Effective May 2021

EAST POOL

Lap Swimming ONLY

Monday - Friday

5:45-6:30am

6:45-7:30am

11:15-12:30 pm

5:00-5:45pm

5:45-6:30pm

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.

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