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

Saturday
(max 8 swimmers per time slot)
11:00am-11:45am
12:00-12:45pm

Sunday
(max 8 swimmers per time slot)
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**

Please use our online reservation platform to reserve your time.

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 also 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.

Schedule Effective November 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