



# 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  
10:35 am-12:00 pm

#### WEDNESDAY

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

#### THURSDAY

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

#### FRIDAY

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

### FAMILY OPEN SWIM

#### MONDAY

12:00-1:00 pm

#### TUESDAY

12:00-1:00 pm  
5:30-7:30 pm (September 3<sup>rd</sup> ONLY)

#### 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-6:30 pm

#### SATURDAY

9 am -4 pm

**Rentals:**  
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

#### WEDNESDAY

9:00-10 am  
4:15-5 Aqua ZUMBA (11, 25)  
EAST POOL  
4:15-5 Aquacise (4, 18)

#### THURSDAY Arthritis

9-10 am

#### 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.

## EAST POOL

### Lap Swimming

#### Monday

5:45 - 7:30 am  
10:30-12:30 pm  
5-6:30 pm

#### Tuesday

5:45 - 7:30 am  
10:30-12:30 pm  
5-6:30 pm

#### Wednesday

5:45 - 7:30 am  
10:30-12:30 pm  
5-6:30 pm

#### Thursday

5:45 - 7:30 am  
10:30-12:30 pm  
5-6:30 pm

#### Friday

5:45 - 7:30 am  
10:30-12:30 pm  
4:45-6:30 pm

#### Saturday

7:30 - 9:00 am

PLEASE NOTE THE SCHEDULE CHANGE OF THE POOL OPENING DAILY AT 10:30am

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 September 2019

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