



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

1:00-1:45 pm STARTS SEPT. 11th

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

AQUA ZUMBA
6-7pm SEPTEMBER 15 and 29

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

EAST POOL **Lap Swimming ONLY**

Monday - Friday

5:45-7:30 am

10:30-12:30 pm

5:00-6:30 pm

Saturday

7:30-8:15 am

8:15-9:00 am

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

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.

Schedule Effective September 2021

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