



ASHLAND YMCA POOL SCHEDULE

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WEST POOL **Adult Open Swim**

Monday-Friday

7:45-9:00 am

9:00-10:00 am - class only - please register (max of 20 participants)

FAMILY OPEN SWIM

Wednesday

*6:00-7:30 pm (14-28)

*6:00-6:45 pm (7,21)

Thursday

*6:00-8:00 pm

Friday

*5:00-6:30 pm

Saturday

11:00am-2:00 pm

Sunday

1:00-4:00 pm

***TIME CHANGES**

Additional WINTER BREAK HOURS

Dec. 19-Dec.30

Monday - Friday

1:30-3:30pm

Monday & Tuesday - 6:00-8:00 pm

Wednesday-Saturday evening hours are the same as listed above.

No Family Open Swim Saturday December 24th due to facility closing at noon.

WATER FITNESS **WEST POOL**

MONDAY - Aquacise

9:00-10:00 am

TUESDAY - Arthritis

9:00-10:00 am

WEDNESDAY - Aquacise

9:00-10:00 am

Aqua Zumba - Dec. 7, 21

6:45-7:30pm

THURSDAY - Arthritis

9:00-10:00 am

FRIDAY - Aquacise

9:00-10:00 am

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

The pools may close due to other rentals or staffing issues. Please call for the most up to date information or follow our Facebook page.

The capacity of the pool is limited to 25 patrons, if the capacity is reached, you may be asked to leave.

Schedule Effective December 2022

EAST POOL **Lap Swimming ONLY**

Monday - Friday

5:45-7:30 am

10:30-12:30 pm

5:00-6:30 pm

Shared lap swimming:

There will be lanes open for lap swimming and then lanes reserved for swim practice. Please be aware that you may be asked to share a lane with the other lap swimmers.

Saturday

7:30-9:00 am

Shared lap swimming:

There will be lanes open for lap swimming and then lanes reserved for swim practice. Please be aware that you may be asked to share a lane with the other lap swimmers.

The East pool is for lap swimming and private lessons only. Please move up and down the lanes continuously.

**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**