



ASHLAND YMCA POOL SCHEDULE January 2024

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

Thursday

5:00-8:00 pm

Friday

5:00-6:30 pm

Saturday

11:00am-2:00 pm

Sunday

1:00-4:00 pm

RENTALS – The pool will be closed during the
following hours

Jan. 6 - 1-2pm

Jan. 21 - 1-2pm

The pool will be closed during the above listed time.
Please call for the most up to date information
regarding pool closures due to rentals.

**WEST POOL; 9 FT. depth
20 Yards, 4 Lanes
84 laps to a mile**

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

6:45-7:30 pm

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 pool is subject to close due to rentals
or lifeguard availability.

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

aquatics@ashlandy.org

EAST POOL

Lap Swimming ONLY

Monday – Friday

5:45-7:30 am

10:30-12:30 pm

5:00-6:30 pm Shared with swim team

Saturday

7:30-9 am Shared with swim team

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

**EAST POOL: 10 ft depth
25 Meters, 6 Lanes
66 laps to a mile**