



ASHLAND YMCA POOL SCHEDULE May 2023

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

4:00-6:30 pm

Thursday

4:00-8:00 pm

Friday

4:00-6:30 pm

Saturday

11:00am-2:00 pm

RENTALS

Pools will be closed at the following times. Please call for the most up to date information regarding pool closures due to rentals.

May 6 – 1-2pm

May 12 – no family open swim

May 20 – 1-2pm

The pool is subject to close due to rental or lifeguard availability.

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 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.

aquatics@ashlandy.org

EAST POOL

Lap Swimming ONLY

Monday - Friday

5:45-7:30 am

10:30-12:30 am (May 30 and 31 only)

4:00-6:30 pm

Saturday

7:30-10:30 am

There is no 10:30-12:30 lap swimming time will NOT be available due to a school program.

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