



ASHLAND YMCA POOL SCHEDULE

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WEST POOL

Adult Open Swim

Monday-Friday

(max 20 swimmers per time slot)

7:45-8:15 am

8:15-8:45 am

8:45-9:15 am

9:15-10:00 am - class only - please register (max of 20 participants)

FAMILY OPEN SWIM

(max 20 swimmers per time slot and you must sign up ahead of time)

Monday - Thursday

August 1-4, 8-11 & 15-18

1:00-3:00 pm

Wednesday

4:30-6:45 pm (3rd, 17th, 31st)

4:30-7:30 pm (10th, 24th)

Thursday

4:30-8:00 pm

Friday

4:30-6:30 pm

Saturday

11:00am-2:00 pm

The pool may close due to other rentals or staffing issues. Please call for the most up to date information.

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 - Aug 3, 17, 31

6:45-7:30pm (TIME CHANGE)

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

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

EAST POOL

Lap Swimming ONLY

Monday - Friday

5:45-7:30 am

10:30-12:30 pm

5:00-6:30 pm

Saturday

7:30-10:30 am

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 August 2022

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