



ASHLAND YMCA POOL SCHEDULE

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WEST POOL Adult Open Swim

Monday-Friday

(max 8 swimmers per time slot)

7:45-8:15am

8:15-8:45am

8:45-9:15am

9:15-9:45 am

FAMILY OPEN SWIM

Saturday

(max 8 swimmers per time slot)

11:00am-11:45am

12:00-12:45pm

1:00-1:45pm

COVID – 19 NEW POOL RULES

- You **MUST** check in at the front desk.
- You **MUST** reserve your time slot.
- Locker rooms are open, however we do still encourage people to arrive and leave in your swim suit when possible.
- You are encouraged to bring your own equipment, kick boards, noodles, pull buoys etc.

WATER FITNESS EAST POOL

MONDAY Aquacise

9:00-9:45 am

TUESDAY Arthritis

9:00-9:45 am

WEDNESDAY Aquacise

9:00-9:45 am

THURSDAY Arthritis

FRIDAY Aquacise

9:00-9:45 am

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

Please use our online reservation platform to reserve your time.

Schedule Effective September 2020

EAST POOL Lap Swimming ONLY

Monday - Friday

5:45 – 6:30 am

6:45 – 7:30 am

9:00 - 9:45 am CLASS

10:30-11:15 am

11:30-12:15 pm

5:00 – 6:30 Please note the time change

Saturday

7:30 – 8:15 am

8:30 – 9:15 am

9:30 – 10:15 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.

**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**