



ASHLAND YMCA POOL SCHEDULE April 2025

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WEST POOL

Adult Open Swim

Monday-Friday

7:45-9:15 am

8:30-9:15 am – open swim and class (8 in the class only, please register)

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

FAMILY OPEN SWIM

Wednesday

5:00-6:30 pm

Thursday

5:00-8:00 pm

Friday

5:00-6:30 pm

Saturday

11:00am-2:00 pm

RENTALS – The pool will be closed during the following hours:

April 5 1:00-2:00 pm

April 12 1:00-2:00 pm

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, WEDNESDAY

and FRIDAY – Aquacise

8:30-9:15 am (8 participants)

9:15-10:00 am (20 participants)

TUESDAY and THURSDAY - Arthritis

8:30-9:15 am (8 participants)

9:15-10:00 am (20 participants)

WEDNESDAY – AQUA

ZUMBA

6:45-7:30 pm

***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 (closed April 3)

5:00-6:30 pm (closed April 3)

Saturday

7:30-10:30 am (longer time)



There will be no 10:30-12:30pm lap swim from May 5-23 due to a special swim program for the schools.

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**