



## ASHLAND YMCA POOL SCHEDULE November 2025

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

##### Monday

11:00-2:00pm

##### Thursday

11:00-2:00pm

5:00-8:00 pm

##### Friday

5:00-6:30 pm

##### Saturday

11:00am-3:00 pm

##### Sunday

1:00-4:00 pm

##### RENTALS

**The West pool will be closed for rentals at the following times on**

**11/8 rental from 2-3**

**11/9 rental from 3-4**

**11/16 rental from 3-4**

**11/23 rental from 2-3**

**11/29 rental from 2-3**

### 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**

Both pools will close for thunder and lightning.

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](mailto: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**

**11/4 and 11/13 East Pool closed at 5  
for swim meet**

##### Saturday

7:30-9 am

**East Pool Closed 11/8 and 11/22 for Swim Meet**

**Due to staff availability, the pool is likely to be closed on Friday evenings. Please call or check our Facebook page for the most up to date information.**

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

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

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