



## ASHLAND YMCA POOL SCHEDULE January 2026

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

### WEST POOL

#### **Adult Open Swim**

##### **Monday-Friday**

7:45 – 9:15am Open Swim w/ Class at 8:30am

8:30 - 9:15am – 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**

##### **Monday**

6:30 pm – 8:00 pm

##### **Wednesday**

6:00 – 6:45 pm (until 3/4/26)

##### **Thursday**

5:00 - 8:00 pm

##### **Friday**

5:00 - 6:30 pm

##### **Saturday**

11:30a - 3:00 pm

##### **Sunday**

1:00 – 4:00 pm

#### **RENTALS – The pool will be closed during the following Saturday & Sunday hours:**

Saturday 1/3/2026 2-3 pm

Saturday 1/10/2026 2-3 pm

Sunday 1/11/2026 3-4pm

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

### WATER FITNESS

#### **WEST POOL**

##### **Monday, Wednesday, Friday – Aquacise**

*\*\*1/2/26 class will be from 9-10a only\*\**

8:30 - 9:15 am (8 participants)  
9:15 - 10:00 am (20 participants)

##### **Tuesday & Thursday – Arthritis**

8:30 - 9:15 am (8 participants)  
9:15 - 10:00 am (20 participants)

##### **Wednesdays-Aqua Zumba**

6:45 - 7:30 pm

**\*Class times and instructors are subject to change based on special swim**

**⚠ Both pools will close due to thunder and lightning and will remain closed until safe to open.**

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

5:00 – 6:30 pm

##### **Saturday**

7:30 – 9:00 am

***\*\*AHS has Practice from 9:00 – 11:00 am on Saturdays\*\****

**East Pool Closed for a Swim Meet 1/24**

***\*AHS has Practice NYE from 8-11am\****

**\*\* Happy New Year \*\***

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**