



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# ASHLAND YMCA POOL SCHEDULE May 2026

## WEST POOL

### Adult Open Swim

#### Monday-Friday

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

8:30 - 9:15 am **Open Swim and Class** (8 max please register)

9:15 - 10:00 am **Class Only** (20 max please register)

*5/12 & 5/15 there will be No Classes in the morning. Thank you.*

### Family Open Swim

#### Monday

6:30 pm – 8:00 pm

*5/25 there is No Open Swim. Thank you.*

#### Wednesday

6:00 - 6:45 pm

#### Thursday

5:00 - 8:00 pm

#### Friday

5:00 - 6:30 pm

#### Saturday

11:00a - 3:00 pm

#### Sunday

Closed – Summer Hours

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

Saturday 5/2 @ 2pm	Saturday 5/16 @ 2pm
Saturday 5/23 @ 2pm	Saturday 5/30 @ 2pm

## WATER FITNESS

### WEST POOL

#### Monday, Wednesday,

#### Friday – Aquacise

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 programs and availability.**



**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.

## EAST POOL

### Lap Swimming ONLY

#### Monday – Friday

5:45a – 7:30a

*Starting 5/18 NO Open Swim during this time on Tuesdays & Thursdays for the rest of May. Thank you.*

10:30 – 12:30 pm

*5/12 & 5/15 is No Open Swim during this time. Thank you.*

#### Monday – Thursday

3:00 – 8pm

*May 19, 21, 26 & 28 Open Swim ends at 6:30p as our Summer Swim Season starts and our team starts practices at 6:30p! Thank you.*

#### Friday

3:00 – 6:30 pm

#### Saturday

No Open Swim on Saturdays during this month. Thank you.

*If pool closures can be avoided, they will be avoided at all costs.*

*Not all maintenance can be scheduled (ie: accidents in the pool that require chemical treatment).*

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

**WEST POOL: 9 ft depth, 20 Yds, 4 Lanes 84 laps/mile**

**[aquatics@ashlandy.org](mailto:aquatics@ashlandy.org)**

**EAST POOL: 10 ft deep, 25 Meters, 6 Lanes, 66 laps/mile**