



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

ASHLAND YMCA POOL SCHEDULE August 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)

Family Open Swim

Monday

No Open Swim in the Evening

Tuesday

No Open Swim in the Evening

Wednesday

5:00 – 6:30 pm

Thursday

No Open Swim in the Evening

Friday

No Open Swim in the Evening

Saturday

11:00a – 3:00 pm *No Open Swim Saturday 8/8*

Sunday

Closed – Summer Hours

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

Saturday 8/22/26 12:30p-1:30p

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

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.**

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 until Aug 24th

5:45a – 7:30a

Monday – Friday after Aug 24th

5:30a – 7:00a *These hours will remain the same until June 2027. Thank you!*

10:30 – 12:30 pm

Monday – Wednesday

3:00 – 4:45pm *Monday 8/17 & 8/24 there will be no afternoon open lap swim due to lifeguard availability. Thank you!*

Saturday

No Open Swim on Saturdays during the Summer. *Will Resume Open Swim on Saturdays in October. Thank you!*

Sunday

Closed- Summer Hours

***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.

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