



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

ASHLAND YMCA POOL SCHEDULE July 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- Tuesday

No Open Swim in the Evening

Wednesday

5:00 – 630 pm

Thursday 7/16 and 7/23 there will be no open swim at this time due to lifeguard availability. Thank you!

5:00 – 630 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 hours:
Saturday 7/25/26 12p-1p

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.



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

5:45a – 7:30a

10:30 – 12:30 pm

Monday – Friday

3:00 – 630pm

Monday 7/20 & Tuesday 7/21 there will be no open swim during this time due to lifeguard availability. Thank you!

Saturday

No Open Swim on Saturdays during the Summer. *Will Resume Open Swim on Saturdays in September. 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.

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