



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

ASHLAND YMCA POOL SCHEDULE October 2026

WEST POOL

Adult Open Swim

****When there is no school: Non-problematic teenagers will be allowed to use the West pool to work out. The lifeguard will monitor and remove them if necessary.**

Monday-Friday

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

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

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

Family Open Swim

Monday

3:00p – 5:00p

Tuesday

3:00p – 5:00p

Wednesday

3:00p – 5:00p

Thursday

3:00p – 5:00p

Friday

3:00p – 5:00p

Saturday

11:00a – 3:00p

Closed for Rentals: 10/24 2-3p

Sunday

11:00a – 3:00p

Closed for Rentals: 10/4 2-3p, 10/11 2-3p

WATER FITNESS

WEST POOL

Monday, Wednesday, Friday – Aquacise

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

Tuesday & Thursday Arthritis Class

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

Wednesdays-Aqua Zumba

6:45p - 7:30p (25 max participants)

Class times and instructors are subject
to change based on special swim
programs and availability.

**The capacity of each pool is
limited to 25 patrons, if the
capacity is reached, you
may be asked to leave.**

EAST POOL

Lap Swimming ONLY

Monday – Friday: AM

5:30a – 7:00a

Monday & Tuesday: Mid-Day

10:30a – 1:30p

Wednesday: Mid-Day

11:30a – 1:30p

Thursday & Friday: Mid-Day

10:30a – 1:30p

Monday – Friday: PM

5:00 – 6:30p ***Shared with AMS Swim Team**

**Tuesday 10/6 & Wednesday 10/7 the Aqua
Aces have try-outs from 6:00p – 7:00p
PLEASE PLAN ACCORDINGLY as there will be
several kids in the East pool these 2 days.**

Saturday

11:00a – 3:00p ***No Open Swim 10/24 for
Aqua Aces Home Meet**

Sunday

12:00p – 3:00p

**Thank you for your support as we enter
winter swim season with AHS, AMS &
our Aqua Aces Swim Teams!!**

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

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