



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

ASHLAND YMCA POOL SCHEDULE September 2026

WEST POOL

Adult Open Swim

Monday-Friday

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

8:30a - 9:15a Open Swim w/ 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

5:00p - 6:15p

Thursday

3:00p - 5:00p

Friday

3:00p - 5:00p

Saturday

11:00a - 3:00p

Sunday

Closed - Summer Hours

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

WATER FITNESS

WEST POOL

Monday, Wednesday,

Friday - Aquacise

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

Tuesday & Thursday - Arthritis

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.**

*Not all maintenance can be scheduled
(ie: accidents in the pool that require
chemical treatment). If pool closures
can be avoided they will be!*

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

aquatics@ashlandymca.org

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

3:00p - 5:00p

Saturday

11:00a - 3:00p

Sunday

Closed- Summer Hours

****Please plan the above hours through
the 2026-2027 school year.**

**Summer Hours End Starting October 1 &
we will reopen on Sundays for the
Winter Hours.**

***Swim Team Starts October 1st & will
adjust the evening open swim times***

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