FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

ASHLAND YMCA POOL SCHEDULE
November 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**

9:15a - 10:00a **Class Only**

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
12:00a – 3:00p
Closed for Rentals: 11/14 2-3p

Sunday
12:00a – 3:00p
Closed for Rentals:

WATER FITNESS
WEST POOL

Monday, Wednesday, Friday – Aquacise

8:30a - 9:15a
9:15a - 10:00a

Tuesday & Thursday Arthritis Class

8:30a - 9:15a
9:15a - 10:00a

Mondays & Wednesdays Aqua Zumba

6:45p - 7:30p
Note the ADDITIONAL Aqua Zumba class on Monday nights!!

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 11/3 & Tuesday 11/17 there will be NO 3-5pm OPEN SWIM as we host our Ashland Middle School swim meet

Saturday
11:00a – 3:00p

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