



# ASHLAND YMCA POOL SCHEDULE July 2024

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## WEST POOL

### Adult Open Swim

#### Monday-Friday

7:45-9:00 am  
9:00-10:00 am – class only - please register  
(max of 20 participants)

### FAMILY OPEN SWIM

#### Monday-Thursday

1:00 – 4:00 pm

#### Wednesday

5:00 – 6:30 pm

#### Thursday

5:00-8:00 pm

#### Friday

4:00-6:30 pm

#### Saturday

11:00am-2:00 pm

### Rentals:

The pool will be closed during the above listed time.  
Please call for the most up to date information  
regarding pool closures.

**WEST POOL; 9 FT. depth  
20 Yards, 4 Lanes  
84 laps to a mile**

## WATER FITNESS

### WEST POOL

#### MONDAY - Aquacise

9:00-10:00 am

#### TUESDAY - Arthritis

9:00-10:00 am

#### WEDNESDAY - Aquacise

9:00-10:00 am

#### Aqua Zumba

6:45-7:30 pm

#### THURSDAY - Arthritis

9:00-10:00 am

#### FRIDAY - Aquacise

9:00-10:00 am

**\*class times and instructors are  
subject to change based on special  
swim programs and availability**

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](mailto:aquatics@ashlandy.org)

## EAST POOL

### Lap Swimming ONLY

#### Monday – Friday

5:45–7:30 am

10:30-12:30 pm

5:00–6:30 pm

#### Saturday

7:30-10:30 am

The East pool is for lap swimming and private  
lessons only. Please move up and down the lanes  
continuously.

**EAST POOL: 10 ft depth  
25 Meters, 6 Lanes  
66 laps to a mile**