



ASHLAND YMCA POOL SCHEDULE January 2025

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WEST POOL

Adult Open Swim

Monday-Friday

7:45-9:00 am

8:30-9:15 am (class and open swim- max 8)

9:15-10:00 am (class only - max 20)

FAMILY OPEN SWIM

Thursday

5:00-8:00 pm

Friday

5:00-6:30 pm

Saturday

11:00am-2:00 pm

Sunday

1:00-4:00 pm

Holiday Hours:

January 2,3

12:00-3:00pm

RENTALS:

January 18 - 11-12:30 pm

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, 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)

9:00-10:00 am (20 participants)

WEDNESDAY Aqua Zumba

6:45-7:30 pm

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

Attention:
Both pools will close for thunder or lightning.

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

5:45-7:30 am

10:30-12:30 pm

5:00-6:30 pm Shared lap swimming with swim team

Saturday

7:30-9:00 am Shared lap swimming with swim team

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
60 laps to a mile**