

CLEVELAND FAMILY YMCA 2025 INDOOR POOL SCHEDULE

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
5:00		Lap Swim 5am-8am (6 lanes)	Lap Swim 5am-8:10am (6 lanes)	Lap Swim 5am-9am (6 lanes)	Lap Swim 5am-8:10am (6 lanes)	Lap Swim 5am-9am (6 lanes)		
5:30								
6:00								
6:30								
7:00								
7:30								
8:00		Hydro HIIT 8am-8:45am (2 lanes)	Range of Motion 8:15am-9am (2 lanes)		Range of Motion 8:15am-9am (2 lanes)			Open Swim 8am-9am (1-3 lanes)
8:30								
9:00		Water Fit 9am-10am (2 lanes)	Hydro Fit 9am-10am (2 lanes)	Water Fit 9am-10am (2 lanes)	Hydro Fit 9am-10am (2 lanes)	Water Fit 9am-10am (2 lanes)		Aqua Zumba 9am-10am (2 lanes)
9:30								
10:00		Poolattes 10am-11am (2 lanes)	Open Swim 10am-12pm (1-3 lanes)	Poolattes 10am-11am (2 lanes)	Open Swim 10am-12pm (1-3 lanes)	Poolattes 10am-11am (2 lanes)		Open Swim 10am-5:30pm (1-3 lanes)
10:30								
11:00		Range of Motion 11am-11:45am (2 lanes)		Range of Motion 11am-11:45am (2 lanes)	Range of Motion 11am-11:45am (2 lanes)	Range of Motion 11am-11:45am (2 lanes)		
11:30								
12:00	Lap Swim 12pm-1pm (6 lanes)	Lap Swim 12pm-1pm (6 lanes)	Lap Swim 12pm-2pm (6 lanes)	Lap Swim 12pm-1pm (6 lanes)	Lap Swim 12pm-2pm (6 lanes)			
12:30								
1:00	Open Swim 1pm-4:30pm (1-3 lanes)	Open Swim and PT 1pm-5:30pm (1-3 lanes)		Open Swim and PT 1pm-5:30pm (1-3 lanes)	Open Swim and PT 1pm-5:30pm (1-3 lanes)	Open Swim and PT 1pm-5:30pm (1-3 lanes)		
1:30								
2:00								
2:30								
3:00								
3:30								
4:00								
4:30	Pool Parties 4:30pm-5:30pm		Open Swim 2pm-9pm (1-3 lanes)	Open Swim 2pm-9pm (1-3 lanes)	Open Swim 2pm-9pm (1-3 lanes)			
5:00								
5:30		Hydro Fit 5:30pm-6:30pm (3 lanes)				Hydro Fit 5:30pm-6:30pm (3 lanes)	Hydro Fit 5:30pm-6:30pm (3 lanes)	Pool Parties 5:30pm-6:30pm
6:00								
6:30		Open Swim 6:30pm-9pm (1-3 lanes)	Open Swim 6:30pm-9pm (1-3 lanes)	Open Swim 6:30pm-9pm (1-3 lanes)				
7:00								
7:30								
8:00								
8:30								
9:00								
		Swim Lessons Mon & Tues @ 5:15pm-7:30pm Wed @ 12:15-12:45pm **may affect open lanes**			Swim Lessons 10:30am-1pm *may affect open lanes*			