## CLEVELAND FAMILY YMCA 2025 INDOOR POOL SCHEDULE

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

Updated: 5-14-25