

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-8am (6 lanes)	Lap Swim 5am-9am (6 lanes)	Lap Swim 5am-8am (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)	Hydro HIIT 8am-8:45am (2 lanes)	Range of Motion 8:15am-9am (2 lanes)		Open Swim 8am-9am (1-3 lanes)
8:30		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)
9:00		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)
10:00				Range of Motion 11am-11:45am (2 lanes)		Range of Motion 11am-11:45am (2 lanes)	
10:30		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)	
11:00							
11:30							
12:00							
12:30							
1:00	Open Swim 1pm-4:30pm (1-3 lanes)	Open Swim and PT 1pm-5pm (1-3 lanes)	Open Swim and PT 1pm-5:30pm (1-3 lanes)	Open Swim 2pm-9pm (1-3 lanes)	Open Swim and PT 1pm-5:30pm (1-3 lanes)		
1:30							
2:00							
2:30							
3:00							
3:30	Pool Parties 4:30pm-5:30pm				Open Swim 2pm-9pm (1-3 lanes)		
4:00							
4:30		Open Swim 5pm-9pm (1-3 lanes)	Hydro Fit 5:30pm-6:30pm (3 lanes)	Hydro Fit 5:30pm-6:30pm (3 lanes)	Hydro Fit 5:30pm-6:30pm (3 lanes)	Open Swim 2pm-9pm (1-3 lanes)	Pool Parties 5:30pm-6:30pm
5:00							
5:30			Open Swim 6:30pm-9pm (1-3 lanes)	Open Swim 6:30pm-9pm (1-3 lanes)	Open Swim 6:30pm-9pm (1-3 lanes)	Open Swim 6:30pm-9pm (1-3 lanes)	
6:00							
6:30							
7:00							
7:30							
8:00							
8:30							
9:00							
		Swim Lessons Mon & Tues @ 5:15pm-7:30pm **may affect open lanes**			Swim Lessons 10:30am-1pm *may affect open lanes*		

Updated: 06/16/25