CLEVELAND FAMILY YMCA 2025 INDOOR POOL SCHEDULE

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:00							
5:30							
6:00		Lap Swim 5am - 8am	Lap Swim 5am - 8am	Lap Swim	Lap Swim 5am - 8am	Lap Swim 5am - 8am	
6:30		(6 lanes)	(6 lanes)	5am - 8am (6 Ianes)	(6 lanes)	(6 lanes)	
7:00							
7:30							
8:00		Hydro HIIT 8am - 8:45am	Range of Motion 8:15am - 9am	Hydro HIIT 8am - 8:45am	Range of Motion 8:15am - 9am	Open Swim 8am - 9am	Open Swim 8am - 9am
8:30		(2 lanes)	(2 lanes)	(2 lanes)	(2 lanes)	(1-3 lanes)	(1-3 lanes)
9:00		Water Fit 9am - 10am	Hydro Fit 9am - 10am	Water Fit 9am - 10am	Hydro Fit 9am - 10am	Water Fit 9am - 10am	Aqua Zumba 9am - 10am
9:30		(2 lanes)	(2 lanes)	(2 lanes)	(2 lanes)	(2 lanes)	(2 lanes)
10:00		Poolattes 10am - 11am (2 Ianes)	Open Swim 10am - 11am (1-3 lanes)	Poolattes 10am-11am (2 Ianes)	Open Swim 10am - 11am (1-3 lanes)	Poolattes 10am - 11am (2 Ianes)	
11:00		Range of Motion	Water Fit	Range of Motion	Water Fit	Range of Motion	
11:30		11am - 11:45am (2 Ianes)	11am - 12pm (3 Ianes)	11am - 11:45am (2 Ianes)	11am - 12pm (3 Ianes)	11am - 11:45am (2 Ianes)	
12:00		Lap Swim 12pm - 1pm	Lap Swim 12pm - 1pm		Lap Swim 12pm - 1pm		
12:30	Open Swim 1pm - 4:30pm (1-3 lanes)	(6 lanes)	(6 lanes)	Lap Swim 12pm – 2pm (6 lanes)	Open Swim and PT 1pm-4:30pm (1-3 lanes)	Lap Swim 12pm – 2pm (6 lanes)	Open Swim 10am - 5:30pm (1-3 lanes)
1:00		Open Swim and PT 1pm - 5:30pm (1-3 lanes)	Open Swim and PT 1pm - 5:30pm (1-3 lanes)				
1:30							
2:00				Open Swim 2pm - 5:30pm (1-3 lanes)		Open Swim 2pm - 9pm (1-3 lanes)	
2:30							
3:00							
3:30							
4:00							
4:30					Aqua Fitness Fun 4:30pm - 5:30pm		
5:00					(3 lanes)		
5:30		Open Swim 5:30pm - 9pm (1-3 lanes)	Hydro Fit 5:30pm - 6:30pm	Hydro Fit 5:30pm - 6:30pm	Hydro Fit 5:30pm - 6:30pm		
6:00			(3 lanes)	(3 lanes)	(3 lanes)		
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		
		Swim Lessons Mon & Tues @ 5:15pm-7:30pm "may affect open lanes"		Swim Lessons 12:15pm - 1:20pm *may affect open lanes*	Swim Lessons 5pm - 6:40pm *may affect open lanes*		Swim Lessons 10:30am-1pm *may affect open lanes*

Updated: 11/14/25