

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 - 8am (6 lanes)	Lap Swim 5am - 8am (6 lanes)	Lap Swim 5am - 8am (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)	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 - 11am (1-3 lanes)	Poolattes 10am-11am (2 lanes)	Open Swim 10am - 11am (1-3 lanes)	Poolattes 10am - 11am (2 lanes)	Open Swim 10am - 5:30pm (1-3 lanes)
9:30							
10:00							
10:30							
11:00							
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	Open Swim 1pm - 4:30pm (1-3 lanes)	Open Swim and PT 1pm - 5:30pm (1-3 lanes)		Open Swim 2pm - 5:30pm (1-3 lanes)	Open Swim and PT 1pm-4:30pm (1-3 lanes)	Lap Swim 12pm - 2pm (6 lanes)	
1:00							
1:30							
2:00							
2:30							
3:00							
3:30							
4:00							
4:30						Aqua Fitness Fun 4:30pm - 5:30pm (3 lanes)	Open Swim 2pm - 9pm (1-3 lanes)
5:00							
5:30							
6:00				Open Swim 5:30pm - 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)
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 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