



NORTH RIVER FAMILY YMCA

Lap Lanes & Open Swim

Spring 2026 (January to May)

Lap Pool

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00am-6:45am 3 lap lanes 3 lanes open swim	5:00am-8:30am 2 lap lanes	5:00am-6:45am 3 lap lanes 3 lanes open swim	5:00am-8:30am 2 lap lanes	5:00am-6:45am 3 lap lanes 3 lanes open swim	
6:45am-10:15am 2 lap lanes		6:45am-12:15pm 2 lap lanes	8:30am-10:15am 3 lap lanes 3 lanes open swim	6:45am-10:15am 2 lap lanes	8:00am-9:15am 6 lap lanes*
10:15am-8:30pm 3 lap lanes 3 lanes open swim	10:15am-2:15pm 2 lap lanes		10:15am-12:15pm 2 lap lanes	10:15am-12:15pm 3 lap lanes 3 lanes open swim	9:15am-10:45am 2 lap lanes*
	2:15pm-5:15pm 6 lap lanes	12:15pm-6:15pm 3 lap lanes 3 lanes open swim	12:15pm-5:15pm 3 lap lanes 3 lanes open swim	12:15pm-2:15pm 2 lap lanes	<p>*subject to change based on pool rentals & YMCA programming</p> <p>Sunday</p>
	5:15pm-7:15pm 2 lap lanes	6:15pm-7:15pm 2 lap lanes	5:15pm-7:15pm 2 lap lanes	2:15pm-8:30pm 6 lap lanes	
	7:15pm-8:30pm 6 lap lanes	7:15pm-8:30pm 3 lap lanes 3 lanes open swim	7:15pm-8:30pm 6 lap lanes		<p>1:00pm-5:00pm 3 lap lanes*</p> <p>*subject to change based on pool rentals & YMCA programming</p>

Warm Pool

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00am-8:00am All open swim	5:00am-8:15am All open swim	5:00am-8:00am All open swim	5:00am-8:15am All open swim	5:00am-9:45am All open swim	8:00am-11:30am Half open swim
8:00am-9:45am Half open swim	8:15am-9:45am Half open swim	8:00am-9:45am Half open swim	8:15am-9:45am Half open swim		11:30am-6:00pm All open swim*
9:45am-11:15am Limited swim	9:45am-1:15pm Limited swim	9:45am-11:15am Limited swim	9:45am-12:15pm Limited swim	9:45am-11:15am Limited swim	<p>*subject to change based on facility rentals and certification courses</p> <p>Sunday</p>
11:15am-4:30pm All open swim	1:15pm-8:30pm All open swim	11:15am-8:30pm All open swim	12:15pm-4:30pm All open swim	11:15am-8:30pm All open swim	
4:30pm-6:00pm Half open swim			4:30pm-5:45pm Half open swim		<p>1:00pm-5:00pm All open swim*</p> <p>*subject to change based on pool rentals & YMCA programming</p>
6:00pm-7:15pm Limited swim			5:45pm-7:15pm Limited swim		
7:15pm-8:30pm All open swim			7:15pm-8:30pm All open swim		

Occasional changes to pool availability may occur based on reservations for swim lessons or YMCA programming. Lane sharing and circle swimming will be required during high occupancy hours to ensure space is available for all. Open swim areas may be used for personal exercise, recreational activity, or lap swimming (lap pool only). Lap swimming is not permitted in the warm pool.