

LARGE POOL SCHEDULE

GLENWOOD PARK YMCA

**Aug. 21-
Sept. 14,
2025**

Reservations guarantee lane use. Lanes are shared/split between 2 swimmers. More than 2 swimmers are permitted in a lane if they are in the same family or group. Lanes can be used by anyone not holding a reservation if spots are available.

Youth 17 & under must pass a deep water competency swim test to use the pool. Once swimmers have successfully completed the test, they are required to wear a GREEN wristband. Wristbands are available at the desk upon arrival. Tests may be administered at any time staff is available and not on guard duty.

Aquatic programs have priority use of our pools. Schedule is subject to change.

*. Indicates 30 or 45 minute reservation.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<u>Adult Lap Swim</u> 5:30-6:30am, 6:45-7:45am, 8:00-9:00am	<u>Adult Lap Swim</u> 5:30-6:30am, 6:45-7:45am, 8:00-9:00am	<u>Adult Lap Swim</u> 5:30-6:30am, 6:45-7:45am, 8:00-9:00am	<u>Adult Lap Swim</u> 5:30-6:30am, 6:45-7:45am, 8:00-9:00am	<u>Adult Lap Swim</u> 5:30-6:30am, 6:45-7:45am, 8:00-9:00am	<u>Adult Lap Swim</u> 7:00-8:00am, 8:15-9:15am, <u>Open Lap Swim</u> *9:30-10:15am, 10:30-11:30am, 11:45-12:45pm, 1:00-2:00pm, 2:15-3:15pm, 3:30-4:30pm	<u>Open Lap Swim</u> 8:00-9:00am, 9:15-10:15am, 10:30-11:30am, 11:45-12:45pm, *1:00-1:30pm
Shallow Water Fitness 9:15-10:00am	Deep Water Fitness 9:15-10:00am	Shallow Water Fitness 9:15-10:00am	Deep Water Fitness 9:15-10:00am	Shallow Water Fitness 9:15-10:00am		
<u>Open Lap Swim</u> 10:30-11:30am, 11:45-12:45pm, 1:00-2:00pm, 2:15-3:15pm, 3:30-4:30pm, 4:45-5:45pm,	<u>Open Lap Swim</u> 10:30-11:30am, 11:45-12:45pm, 1:00-2:00pm, 2:15-3:15pm, 3:30-4:30pm, 4:45-5:45pm,	<u>Open Lap Swim</u> 10:30-11:30am, 11:45-12:45pm, 1:00-2:00pm, 2:15-3:15pm, 3:30-4:30pm, 4:45-5:45pm,	<u>Open Lap Swim</u> 10:30-11:30am, 11:45-12:45pm, 1:00-2:00pm, 2:15-3:15pm, 3:30-4:30pm, 4:45-5:45pm,	<u>Open Lap Swim</u> 10:30-11:30am, 11:45-12:45pm, 1:00-2:00pm, 2:15-3:15pm, 3:30-4:30pm, 4:45-5:45pm		
Pool Closed	Pool Closed	Pool Closed	Pool Closed	Pool Closed	Pool Closed	
Lifeguard Breaks 5:45-6:15pm	Lifeguard Breaks 5:45-6:15pm	Lifeguard Breaks 5:45-6:15pm	Lifeguard Breaks 5:45-6:15pm	Lifeguard Breaks 5:45-6:15pm	Lifeguard Breaks 5:45-6:15pm	
<u>Open Lap Swim</u> 6:15-7:15pm, 7:30-8:30pm	<u>Open Lap Swim</u> 6:15-7:15pm, 7:30-8:30pm	<u>Open Lap Swim</u> 6:15-7:15pm, 7:30-8:30pm	<u>Open Lap Swim</u> 6:15-7:15pm, 7:30-8:30pm	<u>Open Lap Swim</u> 6:15-7:15pm, 7:30-8:30pm	<u>Open Lap Swim</u> 6:15-7:15pm	

Fall Swim Lessons will start the week of Sept. 15.

Water Fitness classes and Swim Lessons have priority use of the pool. During these times, pool use is limited to class participants only.

Please respect our reservation times and exit the pool promptly at the end of the reservation period. Our lifeguards may use the time between reservations to take required safety breaks.

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