

LARGE POOL SCHEDULE

GLENWOOD PARK YMCA

**Fall
2025**

Sept. 15-Nov. 9

During Open Lap Swim times, 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. Lap swimmers or patrons doing exercise have priority use of the pool. Others may be asked to use the small pool.

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.

Rev. 9/10/25

Monday

Open Lap Swim

5:30-9:00am

All Lanes

Shallow

Water Fitness

9:15-10:00am

Open Lap Swim

10:00-4:45pm

All Lanes

Special Olympics Swim Practice
4:45-5:45pm
All Lanes
No Open Lap Swim

Pool Closed

Lifeguard Breaks

5:45-6:15pm

Open Lap Swim

6:15-8:30pm

Tuesday

Open Lap Swim

5:30-9:00am

All Lanes

Deep

Water Fitness

9:15-10:00am

Open Lap Swim

10:00-4:30pm

All Lanes

Swim Lesson 4:30-5:10pm Lane 1

Open Lap Swim

Lanes 2, 3, 4

Open Lap Swim
5:10-5:30pm

All Lanes

Pool Closed
Lifeguard Break
5:30-5:45pm

Swim Lesson 5:45-6:30pm Lane 1

Open Lap Swim

Lanes 2, 3, 4

Swim Lessons 6:30-7:40pm All Lanes
No Open Lap Swim

Pool Closed
Lifeguard Break
7:40-7:50pm

Open Lap Swim

7:50-8:30pm

Wednesday

Open Lap Swim

5:30-9:00am

All Lanes

Shallow

Water Fitness

9:15-10:00am

Open Lap Swim

10:00-5:45pm

All Lanes

Pool Closed

Lifeguard Breaks

5:45-6:15pm

Thursday

Open Lap Swim

5:30-9:00am

All Lanes

Deep

Water Fitness

9:15-10:00am

Open Lap Swim

10:00-4:30pm

All Lanes

Swim Lessons 4:30-6:30pm Lane 1

Open Lap Swim

Lanes 2, 3, 4

Open Lap Swim
6:30-6:55pm

All Lanes

Swim Lessons 6:30-7:40pm All Lanes
No Open Lap Swim

Open Lap Swim

7:40-8:30pm

All Lanes

Friday

Open Lap Swim

5:30-9:00am

All Lanes

Shallow

Water Fitness

9:15-10:00am

Open Lap Swim

10:00-5:45pm

All Lanes

Pool Closed

Lifeguard Breaks

5:45-6:15pm

Open Lap Swim

All Lanes

Saturday

Open Lap Swim

7:00-4:30pm

All Lanes

Sunday

Open Lap Swim

8:00-1:30pm

All Lanes

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

Glenwood Park YMCA

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