

LARGE POOL SCHEDULE

GLENWOOD PARK YMCA

Winter 2026

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	<u>Open Lap Swim</u>	<u>Open Lap Swim</u>	<u>Open Lap Swim</u>	<u>Open Lap Swim</u>	<u>Open Lap Swim</u>	<u>Open Lap Swim</u>	<u>Open Lap Swim</u>
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.	5:30-9:00am All Lanes	5:30-9:00am All Lanes	5:30-9:00am All Lanes	5:30-9:00am All Lanes	5:30-9:00am All Lanes	7:00-4:30pm All Lanes	8:00-1:30pm All Lanes
	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> 10:00-4:45pm All Lanes	<u>Open Lap Swim</u> 10:00-4:30pm All Lanes	<u>Open Lap Swim</u> 10:00-5:45pm All Lanes	<u>Open Lap Swim</u> 10:00-4:30pm All Lanes	<u>Open Lap Swim</u> 10:00-7:30pm All Lanes		
	Special Olympics Swim Practice 4:45-5:45pm No Open Swim	Swim Lessons 4:30-5:45pm Lane 1 <u>Lap Swim Only</u> Lanes 2, 3, 4	Pool Closed Lifeguard Break 5:45-6:00pm	Swim Lesson 4:30-5:10pm Lane 1 <u>Lap Swim Only</u> Lanes 2, 3, 4			
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.	<u>Open Lap Swim</u> 5:45-8:30pm All Lanes	Swim Lessons 5:45-7:40pm Shallow Water Fitness 5:45-6:30pm No Open Swim 5:45-7:40pm	<u>Open Lap Swim</u> 6:00-8:30pm	<u>Lap Swim Only</u> 5:10-5:40pm All Lanes	Swim Lessons 5:45-6:30pm Lane 1, 2 <u>Lap Swim Only</u> Lanes 3, 4		
		<u>Open Lap Swim</u> 7:45-8:30pm All Lanes		Swim Lessons 6:30-7:40pm All Lanes No Open Swim 6:30-7:40pm			
Aquatic programs have priority use of our pools. Schedule is subject to change.				Special Olympics Swim Practice 7:30-8:30pm No Open Swim 7:30-8:30pm			

Water Fitness classes have priority use of the pool. Use is limited to class participants only. During swim lesson times, lanes are limited. If available, lanes are to be used for Lap Swim only.