

# SMALL POOL SCHEDULE

## GLENWOOD PARK YMCA

**Spring  
2026**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<u>Open Swim</u> 5:30-10:00am	<u>Open Swim</u> 5:30am-10:00am	<u>Open Swim</u> 5:30-10:00am	<u>Open Swim</u> 5:30am-10:00am	<u>Open Swim</u> 5:30-10:00am	<u>Open Swim</u> 7:00am-4:30pm	<u>Open Swim</u> 8:00-1:30pm

### Age Rules

All children ages 5 and under must be accompanied by an adult 18 or older in the water within arms reach to provide active supervision.

Children ages 6-8 must have an adult 18 or older in the pool area. Parents are responsible for supervising their children.

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.

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Functional</b> <b>Water Fitness</b> <b>Deep End</b> <u>Open Swim</u> Shallow End Only 10:00-10:45am	<b>Swim Lessons</b> <b>10:00-11:00am</b> <b>Shallow End</b> <u>Open Swim</u> Deep End Only 10:00-11:00	<b>Functional</b> <b>Water Fitness</b> <b>Deep End</b> <u>Open Swim</u> Shallow End Only 10:00-10:45am	<b>Swim Lesson</b> <b>10:00-10:30am</b> <b>No Open Swim</b> <b>Swim Lesson</b> <b>10:30-11:00am</b> <u>Open Swim</u> Deep End Only 10:30-11:00am	<b>Functional</b> <b>Water Fitness</b> <b>Deep End</b> <u>Open Swim</u> Shallow End Only 10:00-10:45am
<b>Water</b> <b>Arthritis</b> <b>Deep End</b> <u>Open Swim</u> Shallow End Only 11:00-11:45am	<u>Open Swim</u> 11:00-4:30pm <b>Swim Lessons</b> <b>No Open Swim</b> <b>4:30-6:55pm</b>	<b>Healthy Back</b> <b>H2O</b> <b>Deep End</b> <u>Open Swim</u> Shallow End Only 11:00-11:45am	<u>Open Swim</u> 11:00-4:30pm <b>Swim Lessons</b> <b>4:30-6:55pm</b> <b>No Open Swim</b>	<b>Water</b> <b>Arthritis</b> <b>Deep End</b> <u>Open Swim</u> Shallow End Only 11:00-11:45am
<u>Open Swim</u> 11:45-8:30pm	<u>Open Swim</u> 6:55-8:30pm	<u>Open Swim</u> 11:45-8:30pm	<u>Open Swim</u> 6:55-8:30pm	<u>Open Swim</u> 11:45-7:30pm

**Water Fitness classes (listed above in bold) have priority use of the pool. Classes meet in the Middle to Deep End of the pool. Use of that area is limited to class participants only. Open Swim is available in the Shallow End of the pool.**

**During Evening Swim Lesson times, open swim is not available. Pool use is for swim lesson participants only.**

Rev. 3/17/26  
Add lesson times