

SMALL POOL SCHEDULE

GLENWOOD PARK YMCA

**May 11-
June 14
2026**

Monday

Open Swim

5:30-10:00am

Tuesday

Open Swim

5:30am-8:30pm

Wednesday

Open Swim

5:30-10:00am

Thursday

Open Swim

5:30am-2:00pm

Friday

Open Swim

5:30-10:00am

Saturday

Open Swim

7:00am-4:30pm

Sunday

Open Swim

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.

Rev. 5/6/26
Removed lesson times

Functional

Water Fitness

Deep End

Open Swim

Shallow End Only

10:00-10:45am

Water

Arthritis

Deep End

Open Swim

Shallow End Only

11:00-11:45am

Open Swim

11:45-8:30pm

Functional

Water Fitness

Deep End

Open Swim

Shallow End Only

10:00-10:45am

Healthy Back

H2O

Deep End

Open Swim

Shallow End Only

11:00-11:45am

Open Swim

11:45-8:30pm

Neuro-Diverse Swim

2:00-3:00pm

No Open Swim

Open Swim

3:00-8:30pm

Functional

Water Fitness

Deep End

Open Swim

Shallow End Only

10:00-10:45am

Water

Arthritis

Deep End

Open Swim

Shallow End Only

11:00-11:45am

Open Swim

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.

Glenwood Park YMCA

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