

# LARGE POOL SCHEDULE

## GLENWOOD PARK YMCA

### Summer 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
	<b>Shallow Water Fitness</b> 9:15-10:00am	<b>Deep Water Fitness</b> 9:15-10:00am	<b>Shallow Water Fitness</b> 9:15-10:00am	<b>Deep Water Fitness</b> 9:15-10:00am	<b>Shallow Water Fitness</b> 9:15-10:00am		
	<u>Open Lap Swim</u> 10:00-4:45pm All Lanes	<b>Swim Lesson</b> <b>10:05-10:40am</b> Lane 1 <u>Lap Swim Only</u> Lanes 2, 3, 4	<u>Open Lap Swim</u> 10:00-8:30pm All Lanes	<b>Swim Lesson</b> <b>10:05-10:40am</b> Lane 1 <u>Lap Swim Only</u> Lanes 2, 3, 4	<u>Open Lap Swim</u> 10:00-7:30pm All Lanes		
	<b>Special Olympics Swim Practice</b> 4:45-5:45pm <b>No Open Swim</b>	<b>Swim Lessons</b> <b>10:45-12:00pm</b> Lanes 1, 2, 4 <u>Lap Swim Only</u> Lane 3		<b>Swim Lessons</b> <b>10:45-12:00pm</b> Lanes 1, 2, 4 <u>Lap Swim Only</u> Lane 3			
	<b>Lifeguard Breaks</b> 5:45-6:15pm <b>Pool Closed</b>	<u>Open Lap Swim</u> 12:00-4:30pm All Lanes		<u>Open Lap Swim</u> 12:00-5:00pm All Lanes			
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> 6:15-8:30pm All Lanes	<b>Swim Lesson</b> <b>4:30-5:15pm</b> Lane 1 <u>Lap Swim Only</u> Lanes 2, 3, 4		<b>Swim Lesson</b> <b>5:05-5:45pm</b> Lane 1 <u>Lap Swim Only</u> Lane 2, 3, 4			
		<u>Open Lap Swim</u> 5:15-5:45pm All Lanes		<b>Swim Lessons</b> <b>5:45-6:30pm</b> Lanes 1, 4 <u>Lap Swim Only</u> Lanes 2, 3			
		<b>Shallow Water Fitness</b> 5:45-6:30pm					
Aquatic programs have priority use of our pools. Schedule is subject to change.		<b>Swim Lessons</b> <b>6:30-7:15pm</b> Lanes 3, 4 <u>Lap Swim Only</u> Lane 1, 2		<b>Swim Lesson</b> <b>6:30-7:15pm</b> Lane 1 <u>Lap Swim Only</u> Lanes 2, 3, 4			
		<u>Open Lap Swim</u> 7:15-8:30pm All Lanes		<u>Open Lap Swim</u> 7:15-8:30pm			

**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.**