

SMALL POOL SCHEDULE

GLENWOOD PARK YMCA

**Sept. 14-20
2026**

Monday

Open Swim

5:30-10:00am

Tuesday

Open Swim

5:30am-8:30am

Wednesday

Open Swim

5:30-10:00am

Thursday

Open Swim

5:30am-8:30am

Friday

Open Swim

5:30-10:00am

Saturday

Open Swim

7:00-4:30pm

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.

Revised 9/11/26
Fri hrs no early cl

Functional	Water Arthritis	Functional	Water Arthritis	Functional
Water Fitness	Deep End	Water Fitness	Deep End	Water Fitness
Deep End	8:30-9:15am	Deep End	8:30-9:15am	Deep End
<u>Open Swim</u>	<u>Open Swim</u>	<u>Open Swim</u>	<u>Open Swim</u>	<u>Open Swim</u>
Shallow End Only	Shallow End Only	Shallow End Only	Shallow End Only	Shallow End Only
10:00-10:45am		10:00-10:45am		10:00-10:45am
	<u>Open Swim</u>		<u>Open Swim</u>	
Water	9:15-8:30pm	Healthy Back	9:15-8:30pm	Water
Arthritis		H2O		Arthritis
Deep End		Deep End		Deep End
<u>Open Swim</u>		<u>Open Swim</u>		<u>Open Swim</u>
Shallow End Only		Shallow End Only		Shallow End Only
11:00-11:45am		11:00-11:45am		11:00-11:45am
<u>Open Swim</u>		<u>Open Swim</u>		<u>Open Swim</u>
11:45-5:30pm		11:45-5:30pm		11:45-7:30pm
Water Arthritis		Water Arthritis		
Deep End		Deep End		
5:30-6:15pm		5:30-6:15pm		
<u>Open Swim</u>		<u>Open Swim</u>		
Shallow End Only		Shallow End Only		
<u>Open Swim</u>		<u>Open Swim</u>		
6:15-8:30pm		6:15-8:30pm		

Are you a lifeguard? Apply today!
Want to become to become a lifeguard?
Register now! Course starts Sept. 22nd

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

Glenwood Park YMCA

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