

LARGE POOL SCHEDULE

GLENWOOD PARK YMCA

**Sept. 14-20
2026**

Monday

Open Lap Swim

5:30-9:00am

All Lanes

Tuesday

Open Lap Swim

5:30-9:00am

All Lanes

Wednesday

Open Lap Swim

5:30-9:00am

All Lanes

Thursday

Open Lap Swim

5:30-9:00am

All Lanes

Friday

Open Lap Swim

5:30-9:00am

All Lanes

Saturday

Open Lap Swim

7:00-4:30pm

All Lanes

Sunday

Open Lap Swim

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

Open Lap Swim
10:00-4:45pm
All Lanes

Open Lap Swim
10:00-5:45pm
All Lanes

Open Lap Swim
10:00-8:30pm
All Lanes

Open Lap Swim
10:00-8:30pm
All Lanes

Open Lap Swim
10:00-7:30pm
All Lanes

**Special
Olympics
Swim Practice
4:45-5:45pm
No Open Swim**

**Shallow Water
Fitness &
5:45-6:30pm**

Open Lap Swim
6:30-8:30pm
All Lanes

Open Lap Swim
6:15-8:30pm
All Lanes

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.

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.

**Hey! Are you a lifeguard? We're hiring and need you.
Come join our team!
Apply on our website.**

Want to become a lifeguard?

**Register now! Course starts
Sept. 22nd**

Revised 9/11/26
Fri hrs no early cl

**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.**

Glenwood Park YMCA
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