

LARGE POOL SCHEDULE

GLENWOOD PARK YMCA

**Fall
2026**

Monday

Open Lap Swim

5:30-9:00am

All Lanes

**Shallow
Water Fitness
9:15-10:00am**

Open Lap Swim

10:00-4:45pm

All Lanes

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

Open Lap Swim

6:15-8:30pm

All Lanes

Tuesday

Open Lap Swim

5:30-9:00am

All Lanes

**Deep
Water Fitness
9:15-10:00am**

Open Lap Swim

10:00-6:15pm

All Lanes

**Swim Lesson
6:15-6:55pm
Lane 1**

Lap Swim Only

Lanes 2, 3, 4

**Swim Lessons
6:55-7:40pm
Lanes 1, 4**

Lap Swim Only

Lanes 2, 3

Open Lap Swim

7:45-8:30pm

All Lanes

Wednesday

Open Lap Swim

5:30-9:00am

All Lanes

**Shallow
Water Fitness
9:15-10:00am**

Open Lap Swim

10:00-5:40pm

All Lanes

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

Open Lap Swim

6:35-8:30pm

All Lanes

Thursday

Open Lap Swim

5:30-9:00am

All Lanes

**Deep
Water Fitness
9:15-10:00am**

Open Lap Swim

10:00-6:50pm

All Lanes

**Swim Lessons
6:55-7:40pm
Lanes 1, 4**

Lap Swim Only

Lanes 2, 3, 4

Open Lap Swim

7:45-8:30pm

Friday

Open Lap Swim

5:30-9:00am

All Lanes

**Shallow
Water Fitness
9:15-10:00am**

Open Lap Swim

10:00-7:00pm

All Lanes

Saturday

Open Lap Swim

7:00-4:30pm

All Lanes

Sunday

Open Lap Swim

8:00-1:30pm

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.

**Are you a lifeguard? We're hiring and need you.
Apply now!**

Revised 9/21/26

Added swim Lesson

times. Fri 7pm close

**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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