

SMALL POOL SCHEDULE

GLENWOOD PARK YMCA

Fall 2026	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Open Swim 5:30-10:00am	Open Swim 5:30am-4:30pm	Open Swim 5:30-10:00am	Open Swim 5:30am-8:30am	Open Swim 5:30-10:00am	Open Swim 7:00-4:30pm	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 9/21/26
Added swim lesson times. Fri 7pm close

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](#)
9:15-4:30pm

Swim Lessons
No Open Swim
4:30-7:15pm

[Open Swim](#)
7:15-8:30pm

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](#)
9:15-4:30pm

Swim Lessons
No Open Swim
4:30-7:10pm

[Open Swim](#)
7:10-8:30pm

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](#)
11:45-7:00pm

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

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.