



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

Glenwood Park YMCA

Large Pool Schedule October 2026

****subject to change based on guard availability****

Mission: To put Christian principles into practice through programs that build a healthy spirit, mind, and body for all.

Pool Opens: Monday-Friday 5:30am; Saturday 7:00am; Sunday 8:00am

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 - 7:00am							
7:00 - 7:30am							
7:30 - 8:00am		Open/Lap Swim	Open/Lap Swim	Open/Lap Swim	Open/Lap Swim	Open/Lap Swim 5:30-8:30am	
8:00 - 8:30am		5:30-9:00am	5:30-9:00am	5:30-9:00am	5:30-9:00am		
8:30 - 8:45am						Power Deep Water Fitness 8:30-9:00am	
8:30 - 9:00am							
9:00 - 9:30am		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	
9:30 - 9:45am							
9:45 - 10:00am							
10:00 - 10:15am							
10:15 - 10:30am	Open/Lap Swim 8:00-1:30pm						
10:30 - 10:45am							
10:45 - 11:00am							
11:00 - 11:15am							
11:15 - 11:30am							
11:30 - 11:45am					Open/Lap Swim 10:00-4:00pm		
11:45 - 12:00pm		Open/Lap Swim 10:00-4:45pm		Open/Lap Swim 10:00-5:45pm			
12:00 - 1:00pm			Open/Lap Swim 10:00-6:15pm				
1:00 - 2:00pm							
2:00 - 2:30pm						Open/Lap Swim 10:00-7:00pm	
2:30 - 3:00pm							
3:00 - 3:30pm							
3:30 - 4:00pm							
4:00 - 4:15pm					Swim Lesson 4:00-4:30pm Lane 1		
4:15 - 4:30pm							
4:30 - 4:45pm							
4:45 - 5:00pm		Special Olympics Practice 4:45-5:45pm			Open/Lap Swim 4:30-5:45pm		
5:00 - 5:30pm							
5:30 - 5:45pm							
5:45 - 6:00pm							
6:00 - 6:15pm				Shallow Water Fitness 5:45-6:30pm	Swim Lesson 5:45-6:15pm Lane 1		
6:15 - 6:30pm			Swim Lessons 6:15-6:55pm Lane 1		Open/Lap Swim 6:15-6:55pm		
6:30 - 6:45pm		Open/Lap Swim 5:45-8:30pm	6:55-7:40pm Lanes 1 & 4		Swim Lessons 6:55-7:40pm Lanes 1 & 4		
7:00 - 7:30pm				Open/Lap Swim 6:30-8:30pm			
7:30 - 7:45pm					Open/Lap Swim 7:40-8:30pm		
7:45 - 8:00pm			Open/Lap Swim 7:40-8:30pm				
8:00 - 8:15pm							
8:15 - 8:30pm							

Pool Closes: Monday-Thursday 8:30pm; Friday 7:00pm; Saturday 4:30pm; Sunday 1:30pm

Open/Lap Swim 4 lanes available
Swim Lessons

Indicates open/lap swim. 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. Swimmers or patrons doing exercise have priority use of the pool. Others may be asked to use the small pool

Indicates lane use for swim lessons. Other lanes available for lap swim only

Indicates pool is closed or not available open/lap swim

During open swim, children 5 and under must be within arm's reach of an adult (18 or older) in the water.
Children 6, 7, & 8 must have an adult in the pool area.

All youth 17 and under must take and pass a deep water swim test to use the deep end of the small pool.
Once swimmers have passed the test they are required to wear a GREEN wristband. Wristbands can be obtained at the desk upon arrival. Swim tests can be administered at any time staff is available and not on active guard or instructor duty.

Fall Group Swim Lessons: September 22-November 12
Aquatic programs have priority use of the pools. Schedule is subject to change.