Glenwood Park YMCA

Large Pool Schedule
November 2026
subject to change based on guard availaiblity

the YMCA
FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

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		Open/Lap Swim 5:30-9:00am	Open/Lap Swim 5:30-9:00am	Open/Lap Swim 5:30-9:00am	Open/Lap Swim 5:30-9:00am	Open/Lap Swim 5:30-8:30am	
7:00 - 7:30am							Open Swim 7:00-4:30pm
7:30 - 8:00am							
8:00 - 8:30am	Open/Lap Swim 8:00-1:30pm						
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		Open/Lap Swim 10:00-4:45pm	Open/Lap Swim 10:00-6:15pm	Open/Lap Swim 10:00-5:45pm	Open/Lap Swim 10:00-4:00pm	Open/Lap Swim 10:00-7:00pm	
10:15 - 10:30am							
10:30 - 10:45am							
10:45 - 11:00am							
11:00 - 11:15am							
11:15 - 11:30am							
11:30 - 11:45am							
11:45 - 12:00pm							
12:00 - 1:00pm							
1:00 - 2:00pm							
2:00 - 2:30pm							
2:30 - 3:00pm							
3:00 - 3:30pm							
3:30 - 4:00pm							
4:00 - 4:15pm					Swim Lesson 4:00-4:30pm Lane 1 ends Nov. 12		
4:15 - 4:30pm							
4:30 - 4:45pm					Open/Lap Swim 4:30-5:45pm		
4:45 - 5:00pm		Special Olympics Practice 4:45-5:45pm					
5:00 - 5:30pm							
5:30 - 5:45pm							
5:45 - 6:00pm		Open/Lap Swim 5:45-8:30pm		Shallow Water Fitness 5:45-6:30pm	Swim Lesson 5:45-6:15pm Lane 1 ends Nov. 12		
6:00 - 6:15pm							
6:15 - 6:30pm			Swim Lessons 6:15-6:55pm Lane 1 6:55-7:40pm Lanes 1 & 4 until Nov. 10 Open/Lap Swim starts Nov. 17		Open/Lap Swim 6:15-6:55pm		
6:30 - 6:45pm				Open/Lap Swim 6:30-8:30pm			
7:00 - 7:30pm					Swim Lessons 6:55-7:40pm Lanes 1 & 4 ends Nov. 12		
7:30 - 7:45pm							
7:45 - 8:00pm			Open/Lap Swim 7:40-8:30pm		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	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
Swim Lessons	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. Open Swim will be available at those times starting the week of Nov. 15.
Aquatic programs have priority use of the pools. Schedule is subject to change.