FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Glenwood Park YMCA

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

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 Swim 5:30-10:00am	Open Swim 5:30-4:30pm	Open Swim 5:30-10:00am	Open Swim 5:30-4:30pm	Open Swim 5:30-10:00am	
7:00 - 7:30am							Open Swim 7:00-4:30pm
7:30 - 8:00am							
8:00 - 8:30am	Open Swim 8:00-1:30pm	Functional Water Fitness 10:00-10:45am		Functional Water Fitness 10:00-10:45am		Functional Water Fitness 10:00-10:45am	
8:30 - 9:00am							
9:00 - 9:30am		Open Swim		Open Swim		Open Swim	
9:30 - 9:45am		Water Arthritis 11:00-11:45am		Healthy Back 11:00-11:45am		Water Arthritis 11:00-11:45am	
9:45 - 10:00am							
10:00 - 10:15am							
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		Open Swim 11:45-8:30pm		Open Swim 11:45-8:30pm		Open Swim 11:45-7:00pm	
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 - 4:30pm							
4:30 - 5:00pm			Swim Lessons 4:30-7:15pm until Nov. 10 Open Swim starts Nov. 17 at this time		Swim Lessons 4:30-7:10pm until Nov. 12 Open Swim starts Nov. 19 at this time		
5:00 - 5:30pm							
5:30 - 6:00pm							
6:00 - 6:30pm							
6:30 - 7:00pm							
7:00 - 7:15pm							
7:15 - 7:30pm			Open Swim 7:15-8:30pm		Open Swim 7:10-8:30pm		
7:30 - 7:45pm							
7:45 - 8:00pm							
8:00 - 8:15pm							
8:15- 8:30pm							

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

Open Swim	Indicates open swim;times subject to change based on lifeguard availability
Water Fitness Class	Class meets in deep end. **Open swim is available in the shallow end only**
	Indicates pool is closed or not available for open 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.