NorthWest Family YMCA

Pool Schedule - July 2026

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5AM						Water Aerobics	Water Aerobics
6AM						Swim Team	Swim Team
7AM					Swim Team	Swim Lessons (SL)	Swim Lessons (SL)
8AM						Summer Swim Team	Summer Swim Team
9AM	SL	SL	SL	SL	SL	Summer Camp	Summer Camp
10AM	SL	SL	SL	SL	SL	Lap Swim Only (No Family Swim)	Lap Swim Only (No Family Swim)
11AM						Swim Lessons	Circle swimming is encouraged during busy times. Lap swim only in lane 7 from 4pm-8pm (no family swim)
12PM							
1PM	Summer Camp	Summer Camp	Summer Camp	Summer Camp			
2PM	Summer Camp	Summer Camp	Summer Camp	Summer Camp			
3PM							
4PM	Swim Team / SL	Swim Team / SL	Swim Team / SL	Swim Team / SL			
5PM	Swim Team	Swim Team	Swim Team	Swim Team		Pool Closes 5:45PM	Pool Closes 5:15PM
6PM	Swim Team / SL	Swim Team / SL	Swim Team / SL	Swim Team / SL			
7PM	Swim Team / SL	Swim Team / SL	Swim Team / SL	Swim Team / SL			
8PM					Pool Closes at: 7:45PM		
9PM	Pool Closes at: 8:45PM	Pool Closes at: 8:45PM	Pool Closes at: 8:45PM	Pool Closes at: 8:45PM			

Swimmers under 48" are required to wear a lifejacket at all times if they fail/elect not to take the swim test.

See the YOUTH IN FACILITY POLICY flyer for detailed pool age guidelines.