

Milton YMCA

Pool Schedule JUNE 2-7 and 16-21, 2025



| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|------------------------------------|------------------------------------|--|------------------------------------|------------------------------------|--|
| 7:00A-8:45A Lap | 7:00A-8:45A Lap | 7:00A-9:10A Lap | 7:00A-8:00A Lap | 7:00A-8:45A Lap | |
| 8:45A-9:00A Lap/Water Walk | 8:45A-9:00A Lap/Water Walk | | 8:00A-9:00A Pilates BARB | 8:45A-9:00A Lap/Water Walk | 8:00A-8:30A Lap/Water Walk |
| 9:00A-10:00A Aqua Class BARB | 9:00A-10:00A Aqua Class LYNN | 9:15A-11:15A YMCA Programming | 9:00A-10:00A Aqua Class BARB | 9:00A-10:00A Aqua Class LYNN | 8:30A-9:30A Aqua Class BARB/LYNN |
| 10:00A-11:00A YMCA Programming | 10:00A-11:00A YMCA Programming | 11:30A-12:30P Paula's SilverSneakers® Splash | 10:00A-11:00A YMCA Programming | 10:00A-11:00A YMCA Programming | 9:30A-11:00A YMCA Programming |
| 11:00A-1:00P Lap | 11:00A-1:30P Lap | 12:30P-1:00P Lap/Water Walk | 11:00A-1:30P Lap | 11:00A-1:00P Lap | 11:30A-1:15P Lap/Water Walk |
| 1:00P-2:00P Arthritis | 1:30P-2:00P YMCA Programming | 1:00P-2:00P Arthritis | 1:30P-2:00P YMCA Programming | 1:00P-2:00P Arthritis | |
| 2:00P-3:00P YMCA Programming | 2:00P-3:00P YMCA Programming | 2:00P-3:00P YMCA Programming | 2:00P-3:00P YMCA Programming | 2:00P-3:00P YMCA Programming | 1:15P-1:30P Swim Testing **Lap if there is no pool rental |
| 3:00P-4:00P Lap/Water Walk | 3:00P-4:00P Lap/Water Walk | 3:00P-4:00P Lap/Water Walk | 3:00P-4:00P Lap/Water Walk | 3:00P-4:30P Lap/Water Walk | 1:30P-2:30P Open Swim/Rental |
| 4:00P-5:30P Lessons | 4:00P-5:30P Lessons | 4:00P-5:30P Lessons | 4:00P-5:30P Lessons | 4:30-5:30 Open | |
| 5:30P-6:30P Aqua Class TERRI | 5:30P-6:30P Aqua Class CAROL | 5:30P-6:30P Aqua Class TERRI | 5:30P-6:30P Aqua Class CAROL | 5:30P-6:30P Open/Rental | |
| 6:30P-7:30P Open Swim | 6:30P-7:30P Open Swim | 6:30P-7:30P Open Swim | 6:30P-7:30P Open Swim | Pool closes 6:30P | |

***Please be aware that the stair lane of the pool may be used for private swim lessons during Lap Swim times.**

Lap Swim: Swimming the length of the pool, consistently (brief breaks allowed). During scheduled lap swim times, the lifeguard has the authority to assign lap lanes according to swimming ability and the safety of all swimmers. If there are lanes available for water walking, it is allowed, but water walkers are to stay clear of lap swimmers. Lap swim will also take precedence at these times, so water walkers may be asked to exit the water if a lane is needed for a lap swimmer.

Water Walk: Walking in the water as one does on land, treading water, or warming up for aquacise class.

*****During combined Lap/Water Walk times, the 2 lanes farthest from the pool stairs will be for lap swimmers only. The other 2 lanes (the stair lane and the one beside) are for water walkers/aquacise warm-ups only. It is the responsibility of the lap swimmers and water walkers to remain in their dedicated lanes. Aquacise classes are to start at their scheduled times, and lap swimmers must exit the water at the start of class.**

*****All times will be followed as scheduled. Exceptions are at the discretion of the lifeguard based upon availability and safety.**

*****You must pre-register for Aquacise Classes.**

*****The stair lane may be used for private swim lessons during lap swim times.**

WATER WALKERS: Please be mindful of the lap swimmers and your surroundings. Lap swimmers will likely have their faces in the water, so it is more difficult for them to stay clear of you than for you to stay clear of them.

**The Milton YMCA pool is heavily used, and it is difficult to accommodate everyone! We appreciate your cooperation and understanding.
Remember to please be considerate to all.**