



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# LAKE HIGHLANDS YMCA Pool Schedule

*as of November 2, 2023*

| Monday  | Tuesday   | Wednesday   | Thursday  | Friday   | Saturday   | Sunday             |                 |
|---|---|---|---|--|--|--------------------|-----------------|
| 5:30am - 7:30am<br>Masters Swim<br>2 Lanes Open                   | 5:30am - 7:30am<br>Swim Team<br>4 Lanes Open                      | 5:30am - 7:30am<br>Masters Swim<br>2 Lanes Open                   | 5:30am - 7:30am<br>Swim Team<br>4 Lanes Open                      | 5:30am - 8:00am<br>Lap Swim  | <b>Pool Closed</b>                               | <b>Pool Closed</b> |                 |
| 7:30am - 8:00am<br>Lap Swim                                       | 7:00am - 8:00am<br>Lap Swim                                       | 7:30am - 8:00am<br>Lap Swim                                       | 7:00am - 8:00am<br>Lap Swim                                       |  | 7:00am - 8:00am<br>Lap Swim                      |                    |                 |
| 8:00am - 9:30am<br>Water Fitness<br>2 Lanes Open                  | 8:00am - 9:30am<br>Water Fitness<br>2 Lanes Open                  | 8:00am - 9:30am<br>Water Fitness<br>2 Lanes Open                  | 8:00am - 9:30am<br>Water Fitness<br>2 Lanes Open                  | 8:00am - 9:30am<br>Water Fitness<br>2 Lanes Open                         | 8:00am - 9:00am<br>Water Fitness<br>2 Lanes Open |                    |                 |
| 9:30am - 1:00pm<br>Lap Swim                                       | 9:30am - 1:00pm<br>Lap Swim                                       | 9:30am - 1:00pm<br>Lap Swim                                       | 9:30am - 1:00pm<br>Lap Swim                                       | 9:30am - 1:00pm<br>Lap Swim  | 9:00am - 12:30pm<br>Swim Lessons<br>3 Lanes Open |                    |                 |
| <b>1:00pm - 4:00pm<br/>Pool Closed</b>                            | <b>1:00pm - 4:00pm<br/>Pool Closed</b>                            | <b>1:00pm - 4:00pm<br/>Pool Closed</b>                            | <b>1:00pm - 4:00pm<br/>Pool Closed</b>                            | <b>1:00pm - 4:00pm<br/>Pool Closed</b>                                   |  |                    |                 |
|   |   |   |   |  | 12:30pm - 5:45pm                                 |                    | 1:00pm - 5:45pm |
| 4:00pm - 5:00pm<br>Lap Swim<br>4 Lanes<br>Swim Lessons<br>2 Lanes | 4:00pm - 5:00pm<br>Lap Swim<br>4 Lanes<br>Swim Lessons<br>2 Lanes | 4:00pm - 5:00pm<br>Lap Swim<br>4 Lanes<br>Swim Lessons<br>2 Lanes | 4:00pm - 5:00pm<br>Lap Swim<br>4 Lanes<br>Swim Lessons<br>2 Lanes | 4:00pm - 5:00pm<br>Lap Swim  | Open Swim  |                    | Open Swim       |
| 5:00pm - 7:30pm<br>Swim Team<br>Swim Lessons                      | 5:00pm - 7:30pm<br>Swim Team<br>Swim Lessons                      | 5:00pm - 7:30pm<br>Swim Team<br>Swim Lessons                      | 5:00pm - 7:30pm<br>Swim Team<br>Swim Lessons                      | 5:00pm - 6:00pm<br>Swim Team<br>1 lane open<br><i>Friday ONLY</i>        |  |                    |                 |
| 7:30pm - 8:45pm<br>Lap Swim<br>Swim Lessons                       | 7:30pm - 8:45pm<br>Lap Swim<br>Swim Lessons                       | 7:30pm - 8:45pm<br>Lap Swim<br>Swim Lessons                       | 7:30pm - 8:45pm<br>Lap Swim<br>Swim Lessons                       | 6:00pm - 7:30pm<br>Open Swim<br><i>(Make-up swim lessons, as needed)</i> | <b>Pool Closed</b>                               | <b>Pool Closed</b> |                 |

Pool hours are subject to change for holidays or special events.

**Join our Remind to get up to date pool notifications!**  
**Text @lhyaq to 81010**

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