



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

LAKE HIGHLANDS YMCA Pool Schedule

as of February 15, 2024

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

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.