



ACTIVITY POOL SCHEDULE

STATELINE FAMILY YMCA

July 20 – August 2, 2026

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
ADULT SWIM	7:00 am – 8:00 am 9:00 am – 10:00 am 11:30 am – 1:00 pm	7:00 am – 8:00 am 9:00 am – 10:00 am 11:30 am – 1:00 pm	7:00 am – 8:00 am 9:00 am – 10:00 am 11:30 am – 1:00 pm	7:00 am – 8:00 am 9:00 am – 10:00 am 11:30 am – 1:00 pm	7:00 am – 9:00 am 11:30 am – 1:00 pm	8:00 am – 8:45 am	9:00 am – 10:15 am
FAMILY SWIM	10:15 am – 11:15 am 6:45 pm – 8:30 pm	6:45 pm – 8:30 pm	6:45 pm – 8:30 pm	6:45 pm – 8:30 pm	9:00 am – 11:00 am 4:30 pm – 7:30 pm	11:15 am – 3:30 pm	12:15 pm – 1:45 pm 1:55 pm – 3:30 pm
OPEN SWIM	1:15 pm – 4:15 pm	1:15 pm – 4:15 pm	1:15 pm – 4:15 pm	1:15 pm – 4:15 pm	1:15 pm – 4:15 pm		
WATER EXERCISE	8:15 am – 9:00 am	8:15 am – 9:00 am	8:15 am – 9:00 am	8:15 am – 9:00 am			
SWIM LESSONS	4:30 pm – 6:30 pm	4:30 pm – 6:30 pm	4:30 pm – 6:30 pm	4:30 pm – 6:30 pm		9:00 am – 11:00 am	10:30 am – 12:00 pm
GROWING TREE SWIM TIME		10:30 am – 11:30 am	10:30 am – 11:30 am	10:30 am – 11:30 am			

Adult Swim: During this time, the pool is available for those who are 16 and older to use.

Family Swim: During this time, the Activity Pool will be available for families to use. Parents/Adults must be in the pool area with their children during this time (ages 16 & under). Any child under the age of 7 must have a parent/adult in the water with them - this includes the Splash Area.

Open Swim: During this time, the Activity Pool will be available for all members. Children under the age of 7 require a parent/adult in the water with them at all times; children 7 - 12 require a parent/adult to be in the pool area at all times; ages 13 - 16 require no parent/adult.

Swim Lessons: During this time, the only activity being held in the pool will be swim lessons. Participants must be pre-registered to attend lessons. The Splash Area of the pool is closed during this time.

Growing Tree Swim Time: During this time, the Activity Pool is only available for this program. All participants must be pre-registered.

Water Exercise: During this time, the pool is only open to those participating in the fitness class.



LAP POOL SCHEDULE

STATELINE FAMILY YMCA

July 20 – August 2, 2026

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
LAP SWIM – 4 lanes	5:00 am – 8:45 am 11:00 am – 1:15 pm	5:00 am – 10:30 am 11:30 am – 1:15 pm	5:00 am – 8:45 am 12:00 pm – 1:15 pm 5:45 pm – 6:30 pm	5:00 am – 1:15 pm	5:00 am – 8:45 am 11:00 am – 1:15 pm	6:00 am – 8:55 am	8:00 am – 10:00 am
LAP SWIM – 3 lanes	10:00 am – 11:00 am 1:15 pm – 4:15 pm 7:30 pm – 8:45 pm	1:15 pm – 4:15 pm 6:45 pm – 8:45 pm	1:15 pm – 4:15 pm 7:30 pm – 8:45 pm	1:15 pm – 4:15 pm 6:45 pm – 8:45 pm	9:00 am – 11:00 am 1:15 pm – 7:45 pm	11:00 am – 3:45 pm	10:00 am – 3:45 pm
LAP SWIM – 2 lanes		10:30 am – 11:30 am	4:30 pm – 5:45 pm				
LAP SWIM – 1 lane	4:30 pm – 6:30 pm	4:30 pm – 5:45 pm	10:00 am – 12:00 pm	8:15 am – 9:00 am			
SWIM LESSONS	4:30 pm – 6:30 pm	4:30 pm – 6:30 pm	4:30 pm – 5:45 pm	4:30 pm – 6:30 pm		9:00 am – 11:00 am	10:30 am – 12:00 pm
CONDITIONING GROUP FOR YOUTH	6:30 pm – 7:30 pm		6:30 pm – 7:30 pm				
WATER EXERCISE	9:00 am – 9:45 am	5:45 pm – 6:45 pm	9:00 am – 9:45 am				

Lap Swim: Lanes are available for Lap Swimming during this time. Please check above to see how many lanes are available for use. Lane sharing is encouraged.

Swim Lessons: During this time, our swim lesson program may utilize the lap pool.

Conditioning group for youth: This program is designed for youth who are looking for more than swim lessons but are not ready for swim team. During this time the lap pool is only available to this group. Pre-registration is required.

Water Exercise: During this time, the pool is only open to those participating in the fitness class.