



FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

POOL SCHEDULE – AUGUST 2025

CARLISLE FAMILY YMCA

Main Pool Schedule August 2025

Schedule Begins August 1 and is subject to change. Multiple activities are often scheduled in this pool at the same time.

Lap Swimming Tips

1 - Please enter the pool from the shallow end. To avoid accidents, when entering an occupied lane, please get the first swimmer's

acknowledgement that you are there. Please get kickboards, pull buoy, etc. before entering the pool.

2 - If there are 1 or 2 swimmers in a lane, they may elect to split the lane in half. The entrance of a third person immediately changes the lane to "circle" swimming format.

3 - Please choose a lane with swimmers that most nearly match your speed.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5-8am 8 Lap Swim	5-9am 8 Lap Swim	5-8am 8 Lap Swim	5-9am 8 Lap Swim	5-8am 8 Lap Swim		
8-10am 2 Lap Swim 1 Aqua Jog 5 Classes	9-10am 3 Lap Swim 5 Classes	8-10am 2 Lap Swim 1 Aqua Jog 5 Classes	9-10am 3 Lap Swim 5 Classes	8-10am 2 Lap Swim 1 Aqua Jog 5 Classes	7-11am 8 Lap Swim	
10-11am 4 Lap Swim 4 Rec Swim	10-11am 4 Lap Swim 4 Classes	10-11am 4 Lap Swim 4 Classes	10-11am 4 Lap Swim 4 Classes	10-11am 4 Lap Swim 4 Rec Swim	11am-3pm 4 Lap Swim 4 Rec Swim	10am-12pm 8 Lap Swim
11am-12pm 3 Lap Swim 5 Classes	11am-1pm 4 Lap Swim 4 Rec Swim	11am-12pm 3 Lap Swim 5 Classes	11am-1pm 4 Lap Swim 4 Rec Swim	11am-12pm 3 Lap Swim 5 Classes		
12-1pm 4 Lap Swim 4 Rec Swim		12-1pm 4 Lap Swim 4 Rec Swim		12-1pm 4 Lap Swim 4 Rec Swim		12-2pm 4 Lap Swim 4 Rec Swim
1-3pm 4 Lap Swim 4 Camp	1-3pm 4 Lap Swim 4 Camp	1-3pm 4 Lap Swim 4 Camp	1-3pm 4 Lap Swim 4 Camp	1-3pm 4 Lap Swim 4 Camp		
3-5pm 4 Lap Swim 4 Rec Swim	3-6pm 4 Lap Swim 4 Rec Swim	3-6pm 4 Lap Swim 4 Rec Swim	3-6pm 4 Lap Swim 4 Rec Swim	3-8pm 4 Lap Swim 4 Rec Swim		
5-8pm 4 Lap Swim 4 Rec Swim	6-8pm 2 Lap Swim 6 Classes	6-8pm 2 Lap Swim 6 Classes	6-8pm 2 Lap Swim 6 Classes			

Note that the pool will be closed August 18 to September 1 for annual cleaning. This schedule will only apply to August 1 to August 17.

CARLISLE FAMILY YMCA

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