

LARGE POOL SCHEDULE

GLENWOOD PARK YMCA

**Fall
2025**

Nov. 9-Jan. 11

During Open Lap Swim times, lanes are shared/split between 2 swimmers. More than 2 swimmers are permitted in a lane if they are in the same family or group. Lap swimmers or patrons doing exercise have priority use of the pool. Others may be asked to use the small pool.

Youth 17 & under must pass a deep water competency swim test to use the pool. Once swimmers have successfully completed the test, they are required to wear a GREEN wristband. Wristbands are available at the desk upon arrival. Tests may be administered at any time staff is available and not on guard duty.

Aquatic programs have priority use of our pools. Schedule is subject to change.

Rev. 9/10/25

Monday

Open Lap Swim

5:30-9:00am

All Lanes

Shallow

Water Fitness

9:15-10:00am

Open Lap Swim

10:00-4:45pm

All Lanes

**Special Olympics
Swim Practice
4:45-5:45pm
All Lanes
No Open Lap
Swim**

Pool Closed

**Lifeguard
Breaks
5:45-6:15pm**

Open Lap Swim

6:15-8:30pm

Tuesday

Open Lap Swim

5:30-9:00am

All Lanes

Deep

Water Fitness

9:15-10:00am

Open Lap Swim

10:00-5:45pm

All Lanes

Deep

Water Fitness

5:45-6:30pm

Open Lap Swim

6:30-8:30pm

All Lanes

Wednesday

Open Lap Swim

5:30-9:00am

All Lanes

Shallow

Water Fitness

9:15-10:00am

Open Lap Swim

10:00-5:45pm

All Lanes

Pool Closed

Lifeguard Breaks

5:45-6:15pm

Open Lap Swim

6:15-8:30pm

All Lanes

Thursday

Open Lap Swim

5:30-9:00am

All Lanes

Deep

Water Fitness

9:15-10:00am

Open Lap Swim

10:00-5:45pm

All Lanes

Shallow

Water Fitness

5:45-6:30pm

Open Lap Swim

6:30-8:30pm

All Lanes

Friday

Open Lap Swim

5:30-9:00am

All Lanes

Shallow

Water Fitness

9:15-10:00am

Open Lap Swim

10:00-5:45pm

All Lanes

Pool Closed

Lifeguard Breaks

5:45-6:15pm

Open Lap Swim

6:15-7:30pm

All Lanes

Saturday

Open Lap Swim

7:00-4:30pm

All Lanes

Sunday

Open Lap Swim

8:00-1:30pm

All Lanes

**Water Fitness classes have priority use of the pool.
During these times, pool use is limited to class participants only.**

Glenwood Park YMCA

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