



Ridgedale YMCA

*Hot Tub Cleaned Every Other Tuesday Morning.

LAP POOL SCHEDULE

December 8th - 14th, 2025

*Schedule subject to change.

*NO Reservations Required (Except Water Ex Classes)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00am - 8:00am Lap Swim (5) Exercise Lane (1)	5:00am - 8:00am Lap Swim (5) Exercise Lane (1)	5:00am - 7:00am Lap Swim (5) Exercise Lane (1)	5:00am - 8:00am Lap Swim (5) Exercise Lane (1)	5:00am - 8:00am Lap Swim (5) Exercise Lane (1)	CLOSED	CLOSED
		CLOSED			7:00am - 8:45am Lap Swim (5) Water Exercise (1)	7:00am - 10:00am Lap Swim (5) Water Exercise (1)
8:15-8:45 CLOSED	8:15-8:45 CLOSED	8:15-8:45 CLOSED	8:15-8:45 CLOSED	8:15-8:45 CLOSED		
9:00am - 12:00pm Water Ex Class > 9:00 - 10:00 > 10:15 - 11:00 > 11:15 - 12:00	9:00am - 9:45am Water Ex Class 10:00am - 3:00pm Lap Swim (5) Water Exercise (1)	9:00am - 12:00pm Water Ex Class > 9:00 - 9:45 > 10:00 - 10:45 > 11:15 - 12:00	9:00am - 9:45am Water Ex Class 10:00am - 3:00pm Lap Swim (5) Water Exercise (1)	9:00am - 12:00pm Water Ex Class > 9:00 - 10:00 > 10:15 - 11:00 > 11:15 - 12:00	9:00am - 10:00am Water Ex Class	
12:15pm - 3:00pm Lap Swim (5) Water Exercise (1)		12:15pm - 3:00pm Lap Swim (5) Water Exercise (1)		12:15pm - 3:00pm Lap Swim (5) Water Exercise (1)	10:15am - 1:00pm Lap Swim (5) Water Exercise (1)	10:15am - 11:45am Lap Swim (4) Open Swim (2)
					1:15pm - 3:45pm Lap Swim (4) Open Swim (2)	12:00pm - 1:00pm Water Ex Class
3:15pm - 4:15pm Lap Swim (4) Open Swim (2)	3:15pm - 5:00pm Lap Swim (4) Open Swim (2)	3:15pm - 4:00pm Lap Swim (4) Open Swim (2)	3:15pm - 5:15pm Lap Swim (4) Open Swim (2)	3:15pm - 5:00pm Lap Swim (4) Open Swim (2)		2:30pm - 4:45pm Swim Team
4:30pm - 6:45pm Swim Lessons No Lap Swim No Open Swim		4:00 - 4:30 CLOSED 4:30pm - 6:45pm Swim Lessons No Lap Swim No Open Swim			4:00pm - 4:45pm 18+ Lap Swim (5) Water Exercise (1) No Open Swim	
	5:15pm - 6:45pm Swim Team		5:30pm - 6:30pm Swim Team	5:15pm - 6:15pm Water Ex Class		
6:30pm - 8:00pm Swim Team (3) Water Ex Class (3)	6:45pm - 8:30pm Swim Team (5) 18+ Lap Swim (1) No Open Swim	7:00pm - 8:45pm 18+ Lap Swim (3) Water Exercise (1) No Open Swim	6:30pm - 8:30pm Swim Team (5) 18+ Lap Swim (1) No Open Swim	6:30pm - 8:30pm Swim Team (4) 18+ Lap Swim (2) No Open Swim		
8:00pm - 8:30pm 18+ Lap Swim (5) Water Exercise (1) No Open Swim						
CLOSED	CLOSED		CLOSED	CLOSED	CLOSED	CLOSED

For most up to date schedule, please check online: https://www.ymcanorth.org/all_y_schedules/pdf_schedule

*** Lane availability may change due to private swim lessons. ***



Ridgedale YMCA

*Hot Tub Cleaned Every Other Tuesday Morning.

LAP POOL SCHEDULE

December 15th - 21st, 2025

*Schedule subject to change.

*NO Reservations Required (Except Water Ex Classes)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00am - 8:00am Lap Swim (5) Exercise Lane (1)	5:00am - 8:00am Lap Swim (5) Exercise Lane (1)	5:00am - 8:00am Lap Swim (5) Exercise Lane (1)	5:00am - 8:00am Lap Swim (5) Exercise Lane (1)	5:00am - 8:00am Lap Swim (5) Exercise Lane (1)	CLOSED	CLOSED
8:15-8:45 CLOSED	8:15-8:45 CLOSED	8:15-8:45 CLOSED	8:15-8:45 CLOSED	8:15-8:45 CLOSED	7:00am - 8:45am Lap Swim (5) Water Exercise (1)	7:00am - 10:00am Lap Swim (5) Water Exercise (1)
9:00am - 12:00pm Water Ex Class > 9:00 - 10:00 > 10:15 - 11:00 > 11:15 - 12:00	9:00am - 9:45am Water Ex Class 10:00am - 3:00pm Lap Swim (5) Water Exercise (1)	9:00am - 12:00pm Water Ex Class > 9:00 - 9:45 > 10:00 - 10:45 > 11:15 - 12:00	9:00am - 9:45am Water Ex Class 10:00am - 3:00pm Lap Swim (5) Water Exercise (1)	9:00am - 12:00pm Water Ex Class > 9:00 - 10:00 > 10:15 - 11:00 > 11:15 - 12:00	9:00am - 10:00am Water Ex Class	10:15am - 11:45am Lap Swim (4) Open Swim (2)
12:15pm - 4:00pm Lap Swim (5) Water Exercise (1)	12:15pm - 4:00pm Lap Swim (5) Water Exercise (1)	12:15pm - 4:00pm Lap Swim (5) Water Exercise (1)	12:15pm - 3:00pm Lap Swim (5) Water Exercise (1)	12:15pm - 3:00pm Lap Swim (5) Water Exercise (1)	10:15am - 1:00pm Lap Swim (5) Water Exercise (1)	12:00pm - 1:00pm Water Ex Class
4:15pm - 6:45pm Lap Swim (4) Open Swim (2)	3:15pm - 5:00pm Lap Swim (4) Open Swim (2)	4:15pm - 6:45pm Lap Swim (4) Open Swim (2)	3:15pm - 5:15pm Lap Swim (4) Open Swim (2)	3:15pm - 5:00pm Lap Swim (4) Open Swim (2)	1:15pm - 3:45pm Lap Swim (4) Open Swim (2)	1:15pm - 2:15pm Lap Swim (5) Water Exercise (1)
6:30pm - 8:00pm Swim Team (3) Water Ex Class (3)	6:45pm - 8:30pm Swim Team (5) 18+ Lap Swim (1) No Open Swim	7:00pm - 8:45pm 18+ Lap Swim (3) Water Exercise (1) No Open Swim	5:30pm - 6:30pm Swim Team	5:15pm - 6:15pm Water Ex Class	4:00pm - 4:45pm 18+ Lap Swim (5) Water Exercise (1) No Open Swim	2:30pm - 4:45pm Swim Team
8:00pm - 8:30pm 18+ Lap Swim (5) Water Exercise (1) No Open Swim	CLOSED	CLOSED	6:30pm - 8:30pm Swim Team (5) 18+ Lap Swim (1) No Open Swim	6:30pm - 8:30pm Swim Team (4) 18+ Lap Swim (2) No Open Swim	CLOSED	CLOSED
CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED

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