



WOODBURY YMCA

SCHEDULE SUBJECT TO CHANGE

Updated: 6/5/2023

LAP POOL SCHEDULE

December 8th - December 14th, 2025

Please check for Private Swim Lane Reservations

LAP LANES MAY BE USED FOR PRIVATE SWIM LESSONS

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00am - 7:45am Lap Swim (4) Exercise (1)	5:00am-8:00 am Lap Swim (4) Exercise (1)	5:00am - 7:00am Lap Swim (4) Exercise (1)	5:00am - 8:00am Lap Swim (4) Exercise (1)	5:00am - 7:45am Lap Swim (4) Exercise (1)	CLOSED	CLOSED
7:45-8:05 CLOSED	8:00-8:20 CLOSED	7:00-7:20 7:20am- 7:55am WATERBALL	8:00-8:20 CLOSED	7:45-8:05 CLOSED		
8:15am-9:00am Water X Class		8:15am-9:00am Water X Class	8:30am-9:00am Water X Class	8:15am-9:00am Water X Class		
9:15am - 0:00am Water X Class	9:15am -10:00am Water X Class	9:15am -10:00am Water X Class	9:15am -10:00am Water X Class	9:15am - 0:00am Water X Class	7:00am-9:20am Lap Swim (4) Exercise (1)	7:00am-12:00pm Lap Swim (3) Exercise (1) Private lesson (1)
10:20am-4:00pm Lap Swim (4) Exercise(1)	10:20am-3:00pm Lap Swim (4) Exercise(1) Private lesson (1)	10:20am-4:50pm Lap Swim (4) Exercise(1) Private lesson (1) 4:30p	10:20am- 4:50pm Lap Swim (4) Exercise(1) Private lesson (1)	10:20am-3:00pm Lap Swim (4) Exercise(1)	9:20 - 12:00pm Swim Lessons (3) Lap Swim (1) Private lesson (1) 11:30a	12:00pm 1:00pm Lap Swim (2) Exercise (1) Open Swim (2)
4:00 - 4:50pm Lap Swim (3) Open Swim (2)	3:00 - 4:50pm Lap Swim (3) Exercise (1) Private lesson (1)			3:00 - 5:00pm Lap Swim (2) Open Swim (2) Private lesson (1)		
4:50 - 6:00pm Swim Lessons (1) Lap Swim (3) Private lesson (1)	4:50 - 6:00pm Swim Lessons (3) Private lesson (1)	4:50 - 6:00pm Swim Lessons (2) Lap Swim (1) Private lesson (2)	4:50 - 6:00pm Swim Lessons (2) Lap Swim (2) Open Swim (1) Private lesson (1)	5:00 - 5:30pm Lap Swim (3) Private lesson (2) 5pm- 5:30	12:00pm 4:45pm Lap Swim (2) Exercise (1) Open Swim (2)	
6:00 - 7:30pm Swim Lessons (2) Lap Swim (1) Open Swim (2) Private lesson (1) 7-7:30p	6:00 - 7:30pm Swim Lessons (4) Private lesson (1)	6:00 - 7:30pm Swim Lessons (2) Lap Swim (1) Open Swim (2) Private lesson (1) 6pm	6:00 - 7:30pm Swim Lessons (2) Lap Swim (2) Open Swim (1) Private lesson (1)	5:30 - 8:45pm Lap Swim (3) Open Swim (2) Private lesson (1) 5:30 - 6:00p		1:00 - 2:00pm Lap Swim (2) Exercise (1) Lifeguard Inservice (2)
7:30 - 8:45pm Lap Swim (3) Open Swim (2)	7:30 - 8:45pm Lap Swim (3) Open Swim (2)	7:30 - 8:45pm Lap Swim (3) Open Swim (2)	7:30 - 8:45pm Lap Swim (3) Open Swim (2)			2:00 - 4:45pm Lap Swim (2) Exercise (1) Open Swim (2) Private lesson (1) 3pm
					CLOSED	CLOSED

During Lap Swim, you are required to share a lane with another swimmer if all lanes are full! This includes circle swim.



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LEISURE POOL SCHEDULE

December 8th - December 14th, 2025

Private lessons may use part of pool if available

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00am - 7:45am Open Swim (Slide area closed)	5:00am - 8:00am Open Swim (Slide area closed)	5:00am - 7:00am Open Swim (Slide area closed)	5:00am - 8:00am Open Swim (Slide area closed)	5:00am - 7:45am Open Swim (Slide area closed)	7:00 - 8:00am Open Swim (Slide Area closed)	7:00 - 8:00pm Open Swim (Slide Area closed)
7:45 - 10:20am CLOSED	8:00 - 10:20am CLOSED	7:00am-10:20am CLOSED	8:00 - 10:20am CLOSED	7:45 - 10:20am CLOSED	8:00 - 9:20am Open Swim 9:20am - 12:00pm Swim Lessons (Section will be closed off) Open Swim available	8:00 - 12:00pm Open Swim
10:30am-11:30am Preschool Swim & Open Swim	10:30am-11:30am Preschool Swim & Open Swim	10:30am-11:30am Preschool Swim & Open Swim	10:30am-11:30am Preschool Swim & Open Swim	10:30am-11:30am Preschool Swim & Open Swim	12:00 - 4:45pm Open Swim Slide Running (12-4pm)	12:00 - 1:00pm Open Swim Slide Running (12-4p)
11:30 - 4:50pm Open Swim	11:30 - 4:50pm Open Swim	11:30 - 4:50pm Open Swim	11:30 - 4:50pm Open Swim	11:30 - 5:00pm Open Swim		
4:50 - 5:00pm CLOSED	4:50 - 5:00pm CLOSED	4:50 - 5:00pm CLOSED	4:50 - 5:00pm CLOSED			
5:00 - 7:30pm Swim Lessons (Section will be closed off) Open Swim available	5:00 - 7:30pm Swim Lessons (Section will be closed off) Open Swim available	5:00 - 7:30pm Swim Lessons (Section will be closed off) Open Swim available	5:00 - 7:30pm Swim Lessons (Section will be closed off) Open Swim available	5:00 - 8:45pm Open Swim Slide Running (5-8:30pm)		
7:30 - 8:45pm Open Swim	7:30 - 8:45pm Open Swim	7:30 - 8:45pm Open Swim	7:30 - 8:45pm Open Swim			
					CLOSED	CLOSED

See Lifeguard(s) for Swim Tests.

Private Swim Lesson Lane Reservations

Dec 8th- Dec 14th *Lap Lanes may be used for private lessons*

Monday	Time	Instructor
	4:30 - 6:00pm	Megan
	7:00 - 7:30pm	Netta
Tuesday	Time	Instructor
	3:00 - 6:30pm	Anne
	1:00 - 2:00pm	Luke
Wednesday	Time	Instructor
	5:00 - 5:30pm	Rhianna
	4:30 - 5:30pm	Megan
	6:00 - 6:30pm	Rhianna
Thursday	Time	Instructor
	3:30 - 6:30pm	Anne
Friday	Time	Instructor
	5:00 - 5:30pm	Netta
	5:00 - 5:30pm	Rhianna
	3:30 - 4:00pm	Anne
	5:30 - 6:00pm	Anne
Saturday	Time	Instructor
Sunday	Time	Instructor
	8:00 - 12:30pm	Instructor
	3:00 - 3:30pm	Edward