



**ELK RIVER YMCA**

# LAP POOL SCHEDULE

July 7th - August 10th, 2025

*Hot tub & Sauna will follow Pool Area operation times. **NO Reservations Required (Except Water X Classes)***

| Monday   | Tuesday  | Wednesday   | Thursday   | Friday                                     | Saturday                                     | Sunday                             |
|--|--|---|--|--|--|------------------------------------|
| 5:00am - 9:00am<br><b>Lap Swim</b>                                       | 5:00am - 7:50am<br><b>Lap Swim</b>                                     | 5:00am - 8:30am<br><b>Lap Swim</b>                                      | 5:00am - 7:50am<br><b>Lap Swim</b>                                     | 5:00am - 8:30am<br><b>Lap Swim</b>         | CLOSED                                       | CLOSED                             |
|  |  |   |  |  | 7:00am - 9:50am<br><b>Lap Swim</b>           | 7:00am - 5:45pm<br><b>Lap Swim</b> |
| 9:15am - 10:00am<br><b>Water X Class</b>                                 | CLOSED<br>7:50am - 10:00am   | 8:45am - 9:45am<br><b>Water X Class</b>                                 | CLOSED<br>7:50am - 10:00am   | 8:45am - 9:45am<br><b>Water X Class</b>    |  |                                    |
| 10:00am - 12:00pm<br><b>Lap Swim (2 Lanes)</b><br>Swim Lessons (2 Lanes) | 10:00am - 4:00pm<br><b>Lap Swim</b>                                    | 9:50am - 12:00pm<br><b>Lap Swim (2 Lanes)</b><br>Swim Lessons (2 Lanes) | 10:00am - 4:00pm<br><b>Lap Swim</b>                                    | 9:50am - 4:55pm<br><b>Lap Swim</b>         | 10:00am - 11:30am<br>YMCA Swim Team Practice |                                    |
|  |  |   |  |  | 11:35am - 5:45pm<br><b>Lap Swim</b>          |                                    |
| 12:00pm - 4:55pm<br><b>Lap Swim</b>                                      |  | 12:00pm - 4:55pm<br><b>Lap Swim</b>                                     |  |  |  |                                    |
|  | 4:00pm - 7:00pm<br><b>Lap Swim (2 Lanes)</b><br>Swim Lessons (2 Lanes) |   | 4:00pm - 7:00pm<br><b>Lap Swim (2 Lanes)</b><br>Swim Lessons (2 Lanes) |  |  |                                    |
| 5:00pm - 8:30pm<br>YMCA Swim Team Practice                               |  | 5:00pm - 8:30pm<br>YMCA Swim Team Practice                              |  | 5:00pm - 8:00pm<br>YMCA Swim Team Practice |  |                                    |
|  | 7:00pm - 8:30pm<br><b>Lap Swim</b>                                     |   | 7:00pm - 8:30pm<br><b>Lap Swim</b>                                     |  |  |                                    |
| CLOSED   | CLOSED   | CLOSED  | CLOSED   | CLOSED                                     | CLOSED                                       | CLOSED                             |

During Lap swim, you are required to share a lane with another swimmer if all lanes are full. This may include circle swimming.



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| Monday   | Tuesday  | Wednesday                                       | Thursday   | Friday   | Saturday  | Sunday  |
|--|--|---|--|--|---|---|
| 5:00am - 9:00am                                | 5:00am - 7:50am  | 5:00am - 8:30am                                 | 5:00am - 7:50am  | 5:00am - 8:30am                                | CLOSED  | CLOSED  |
| Open Swim/Water Walking                        | Open Swim/Water Walking                                    | Open Swim/Water Walking                         | Open Swim/Water Walking                                    | Open Swim/Water Walking                        |   |   |
|  | 8:00am - 8:45am<br>Water X Class                           |   |  |  | 8:00am - 8:45am<br>Water X Class                |   |
| CLOSED 9:00am - 10:00am                        | 9:00am - 9:45am<br>Water X Class                           | CLOSED 8:30am - 10:00am                         | 9:00am - 9:45am<br>Water X Class                           | CLOSED 8:30am - 9:50am                         | CLOSED 7:00am - 12:00pm                         | CLOSED 7:00am - 12:00pm                         |
|  | 10:00am - 11:55am<br>SWIM LESSONS                          |   | 10:00am - 11:55am<br>SWIM LESSONS                          | 10:00am - 11:55am<br>SWIM LESSONS              |   |   |
| 12:00pm - 1:45pm<br>Summer Power               | 12:00pm - 1:45pm<br>Summer Power                           | 12:05pm - 4:30pm<br>Open Swim w/ Slide/Features | 12:00pm - 1:45pm<br>Summer Power                           | 12:00pm - 1:45pm<br>Summer Power               | 12:00pm - 5:00pm<br>Open Swim w/ Slide/Features | 12:00pm - 5:00pm<br>Open Swim w/ Slide/Features |
| 1:45pm - 4:30pm<br>Open Swim w/ Slide/Features | 1:45pm - 4:15pm<br>Open Swim w/ Slide/Features (off @ 4pm) |   | 1:45pm - 4:15pm<br>Open Swim w/ Slide/Features (off @ 4pm) | 1:45pm - 4:30pm<br>Open Swim w/ Slide/Features |   |   |
| 4:30pm - 8:30pm<br>Open Swim                   | 4:15pm - 7:00pm<br>Swim Lessons                            | 4:30pm - 8:30pm<br>Open Swim                    | 4:15pm - 7:00pm<br>Swim Lessons                            | 4:30pm - 7:45pm<br>Open Swim                   | 5:00pm - 5:45pm<br>Open Swim                    | 5:00pm - 5:45pm<br>Open Swim                    |
|  | 7:00pm - 8:30pm<br>Open Swim                               |   | 7:00pm - 8:30pm<br>Open Swim                               | CLOSED   | CLOSED  |   |
| CLOSED   | CLOSED   | CLOSED  | CLOSED   |  |   |   |

**Swim Tests are offered at the top of the hour during open swim times.**