

Starting Sunday, January 26

Open Swim on Sundays starts at 10:45 am



HOURS OF OPERATION

Facilities (DuBois & TL Ext)



Monday-Thursday	5:30 AM - 9:00 PM
Friday	5:30 AM - 9:00 PM (DuBois) 5:30 AM - 7:00 PM (TL Ext)
Saturday	6:00 AM - 3:00 PM (DuBois) 9:00 AM - 1:00 PM (TL Ext)
Sunday	10:00 AM - 2:00 PM

Pool & Whirlpool



MORNING/AFTERNOON

Mon - Fri	5:30 AM - 8:00 AM
Mon, Wed, Fri	12 Noon - 2:00 PM (Noon-1 pm Adult only)
Tue & Thu	12 Noon - 3:00 PM

EVENING

Mon, Wed, Fri	5:30 PM - 8:30 PM
Tue & Thu	7:00 PM - 8:30 PM

WEEKEND

Sat	6:00 AM - 8:00 AM; 12 Noon - 2:30 PM
Sun	10:00 AM - 1:30 PM

Note: Detailed Pool Schedule (on back) lists daily times for open swim, lap lane swim, adult only swim/lap and aquatic classes/programs.

POOL 2025 Winter 1 (1/2-2/8) Winter 2 (2/9-3/22)

TIME	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30 AM 6:00 AM Sat	CLOSED	Open Swim/ Open Lap	Open Swim/ Open Lap	Open Swim/ Open Lap	Open Swim/ Open Lap	Open Swim/ Open Lap	Open Swim/ Open Lap
7:00 AM	CLOSED	Open Swim/ Open Lap	Open Swim/ Open Lap	Open Swim/ Open Lap	Open Swim/ Open Lap	Open Swim/ Open Lap	Open Swim/ Open Lap
8:00 AM	CLOSED	CLOSED <i>Aquacise</i>	CLOSED <i>Water Toning</i>	CLOSED <i>Aquacise</i>	CLOSED <i>Water Toning</i>	CLOSED <i>Aquacise</i>	CLOSED
9:00 AM	CLOSED	<i>Aquacise</i> CLOSED	<i>Water Toning</i> CLOSED	<i>Aquacise</i> CLOSED	<i>Water Toning</i> CLOSED	<i>Aquacise</i> CLOSED	CLOSED
10:00 AM	Open Swim/ Open Lap	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED
11:00 AM	Open Swim/ Open Lap	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED
NOON	Open Swim/ Open Lap	ADULT SWIM/ ADULT LAP	ADULT SWIM/ ADULT LAP	ADULT SWIM/ ADULT LAP	ADULT SWIM/ ADULT LAP	ADULT SWIM/ ADULT LAP	Open Swim/ Open Lap
1:00 PM	Open Swim/Lap CLOSED**	Open Swim/ Open Lap	Open Swim/ Open Lap	Open Swim/ Open Lap	Open Swim/ Open Lap	Open Swim/ Open Lap	Open Swim/ Open Lap
2:00 PM	CLOSED**	CLOSED	Open Swim/ Open Lap	CLOSED	Open Swim/ Open Lap	CLOSED	Open Swim/Lap CLOSED**
3:00 PM	CLOSED	Swim Team	Swim Team	Swim Team	Swim Team	Swim Team	CLOSED**
4:00 PM	CLOSED	Swim Team	Swim Team	Swim Team	Swim Team	Swim Team	CLOSED
5:00 PM	CLOSED	Swim Team Open Swim/ Open Lap	Private Swim Lessons	Swim Team Open Swim/ Open Lap	Swim Team CLOSED	Swim Team Open Swim/ Open Lap	CLOSED
6:00 PM	CLOSED	Open Swim/ Open Lap	<i>Aquacise</i>	Open Swim/ Open Lap	<i>Aquacise</i>	Open Swim/ Open Lap	CLOSED
7:00 PM	CLOSED	Open Swim/ Open Lap	Open Swim/ Open Lap	Open Swim/ Open Lap	Open Swim/ Open Lap	Open Swim/ Open Lap	CLOSED
8:00 PM	CLOSED	Open Swim/Lap CLOSED	Open Swim/Lap CLOSED	Open Swim/Lap CLOSED	Open Swim/Lap CLOSED	Open Swim/Lap CLOSED	CLOSED

AT A GLANCE

**OPEN SWIM & OPEN LAP LANE
(All ages unless noted otherwise)**

NOTE: Open Lap Swimming is for those who are proficient and consistent in lap swimming.

Monday - Saturday
Monday - Friday **ADULTS ONLY**
Monday, Wednesday & Friday
Tuesday & Thursday
Saturday
Sunday

(Sat open 6 AM) 5:30-8:00 AM
Noon-1:00 PM
1:00-2:00 PM; 5:30-8:30 PM
1:00-3:00 PM; 7:00-8:30 PM
Noon - 2:30 PM
10:00 AM-1:30 PM

Swim Lessons	Saturday	9:30 AM-Noon
Pool Parties**	Saturday Sunday	2:30-3:30 PM 1:30-2:30 PM
Swim Meets	Saturdays	Jan 4, 18; Feb 1 11 AM-3 PM

NOTE: We currently have 7 lifeguards and a majority of them are High School students in school activities. We are offering **EVENING AND WEEKEND OPEN SWIM** as many days as their schedules permit. Please check the front desk or www.duboisymca.org/news **if there is a current** monthly listing of **CLOSED** open swim times.