

Aquatics Schedule

Updated July 21st, 2025

****Please note the pool space determined below is subject to change, please refer to the back section of this schedule****

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Morning						
Full Lane 6:00-12:15pm	Full Lane 6:00-9:30am	Full Lane 6:00-10:15am	Full Lane 6:00-1:00pm	Full Lane 6:00-12:00pm	Full Lane 7:00-9:00am	Full Lane 7:00-9:00am
	Partial Lane 9:30-10:45am	AquaFit Partial Lane 10:15-11:00am			Partial Lane Swim Lessons 9:00-12:30pm	Partial Lane Swim Lessons 9:00-12:30pm
Swim Lessons 10:15-12:15pm	Full Lane 10:15am-1:00pm	Swim Lessons 10:45-12:15pm	Full Lane 10:00-1:00pm	AquaFit 12-12:45pm	Open Swim 10:00-12:30pm	Open Swim 10:00-12:30pm
Afternoon						
Full Lane 12:15-2:00pm	Partial Lane 1:00-2:00pm	Full Lane 1pm-4:00pm	Partial Lane 1:00-2:00pm	Full Lane 2:00-4:00pm	Full Lane 12:30-7:00pm	Full Lane 12:30pm-7:00pm
AquaFit 2:00-2:45pm	Swim Lessons 1:00-2:00pm		Swim Lessons 1:00-2:00pm			
Full Lane 2:45-4:00pm	AquaFit 2:15-3:00pm					
	Full Lane 3pm-4:00pm		Full Lane 2:00pm-4pm			
Evening						
Partial Lane Swim Lessons 4:00-7:30pm	Partial Lane Swim Lessons 4:00pm-7:30pm	Full Lane 4:00pm-9:00pm	Partial Lane Swim Lessons 4:00-7:30pm		Full Lane 12:30-7:00pm	Full Lane 12:45-7:00pm
Full Lane 7:30pm-9:00pm	Full Lane 7:30pm-9:00pm		Open Swim Partial Lane 4:00-7:30pm	Full Lane 4:00pm-9:00pm		
			Full Lane 7:30pm-9:00pm			

Lane Swim Etiquette	Swim to the right side of the lane	When resting, please keep to the corner to allow other swimmers to use the wall	Faster swimmers must pass to the left	Choose the appropriate lane for your pace	When entering the lane, give other swimmers the right of way
Full Lane Swim	During these times, the pool is configured for lane swim only.				
Partial Lane Swim	During these times, the pool is configured to have one to three lanes for lane swim only. Additional activities may occur in other areas of the pool.				
Open Swim	During this time, a section of the pool will be open for any type of swimming or aquatic activity. Children of any age are welcome into the pool at this designated time. A section of the pool will be open for families with children 5 years of age and younger.				
AquaFit	This water exercise class is for those looking for a light, low impact and joint-friendly workout. Improve core strength, endurance, a range of motion, flexibility and balance. All levels welcome.				



Robert Lee YMCA

Swim Instructor Course Schedule

Updated July 14th, 2025

****Please note that the swim instructor course's pool use times are subject to variation within the ranges determined below****

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
July 7th 12:00pm- 3:30 pm	July 8th 8:00am-1:00pm	July 9th 12:00pm-4:00pm	July 10th 12:00pm- 4:00pm	July 11th 12:00pm-4:00pm		
July 14th 12:00pm- 3:30pm	July 15th 8:00am-1:00pm	July 16th 12:00pm-4:00pm	July 17th 12:00pm-4:00pm	July 18th 12:00pm-4:00pm		
July 21st 12:00pm- 3:30pm	July 22th 8:00am-1:00pm	July 23th 12:00pm-4:00pm	July 24th 12:00pm-4:00pm	July 25th 12:00pm-4:00pm		
There are fewer open lanes during the above times. Check with our aquatics staff to find out more.						

Lane Swim Etiquette	Swim to the right side of the lane	When resting, please keep to the corner to allow other swimmers to use the wall	Faster swimmers must pass to the left	Choose the appropriate lane for your pace	When entering the lane, give other swimmers the right of way
Full Lane Swim	During these times, the pool is configured for lane swim only.				
Partial Lane Swim	During these times, the pool is configured to have one to three lanes for lane swim only. Additional activities may occur in other areas of the pool.				
Open Swim	During this time, a section of the pool will be open for any type of swimming or aquatic activity. Children of any age are welcome into the pool at this designated time. A section of the pool will be open for families with children 5 years of age and younger.				
Aquafit	This water exercise class is for those looking for a light, low impact and joint-friendly workout. Improve core strength, endurance, a range of motion, flexibility and balance. All levels welcome.				