

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING						
Full Lane 6-9:30am	Full Lane 6-10:15am	Full Lane 6-9:15am	Full Lane 6-10:15am	Full Lane 6-12pm	Full Lane 7-9am	Full Lane 7-9am
Partial Lane Aquafit 9:30-10:15am	Partial Lane Aquafit 10:15-11:15am	Partial Lane Aquafit 10:15-11am	Partial Lane Aquafit 10:15-11:15am		Open Swim Swim Lessons 9-12:30pm	Open Swim Swim Lessons 9-12:30pm
Partial Lane Swim Lessons 10:15-12:15pm	Full Lane 11:15-1pm	Partial Lane Swim Lessons 11-12:45pm	Full Lane 11:15-1pm			
AFTERNOON						
Full Lane 12:15-4pm	Partial Lane Swim Lessons 1-2pm	Full Lane 12:45-4pm	Partial Lane Swim Lessons 1-2pm	Partial Lane Aquafit 12-12:45pm	Full Lane 12:30-4pm	Full Lane 12:30-1:30pm
	Full Lane 2-4pm		Full Lane 2-4pm	Full Lane 12:45-4pm		Partial Lane Aquafit 1:30-2:15pm
						Full Lane 2:15-4pm
EVENING						
Partial Lane Swim Lessons 4-7:30pm	Partial Lane Swim Lessons 4-7:30pm	Full Lane 4-9pm	Open Swim Swim Lessons 4-7:30pm	Full Lane 4-9pm	Full Lane 4-7pm	Full Lane 4-7pm
Full Lane 7:30-9pm	Full Lane 7:30-9pm		Full Lane 7:30-9pm			

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. Check the MindBody app for live updates.				



Robert Lee YMCA

Aquatics Schedule – Updated Oct 15, 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	Oct 28th 4pm-9pm					

*** There are fewer open lanes during the above times.
Check with our aquatics staff to find out more details. ***