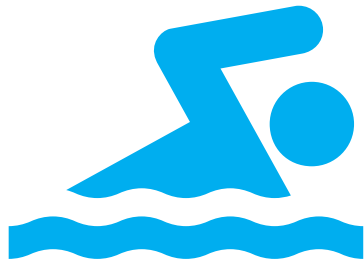




# MAY 2026

# East side/Mt. Hope YMCA

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lap Swim (5)** 6 - 9:30 am	Lap Swim (5)** 6 - 9:30 am	Lap Swim (5)** 6 - 9 am	Lap Swim (5)** 6 - 9:30 am	Lap Swim (5)** 6 - 9:30AM	Lap Swim (5)** 7:00AM - 1:30PM	Lap Swim (5)** 7:00 - 11:30 am
Water Fitness (2) 9:30- 10:30 am	Water Fitness (2) 9:30- 10:30 am	Water Fitness (2) 9:30-10:30 am	Water Fitness (2) 9:30-10:30 am	Water Fitness (2) 9:30-10:30 am	Swim Lessons (2-3) 9am - 1:30 pm	Family Swim (2) 9 - 11:30 am
Lap Swim (3) 9:30 am - 7:30 pm	Lap Swim (3) 9:30 am - 7:30pm	Lap Swim (3) 9:30 am - 7:30 pm	Lap Swim (3) 9:30am - 7:30pm	Lap Swim (3) 9:30 am- 6:30pm	Lap Swim (2-3) 9am - 1:30pm	
Family Swim (2) 10:30 - 1pm	Family Swim (2) 10:30 am- 4 pm	Family Swim (2) 10:30 am - 7:30PM	Family Swim (2) 10:30am - 7:30 pm	Family Swim (2) 10:30 - 6:30 pm	Family Swim (2) 1:10 - 1:30 pm	
	Swim Lessons (2-3) 4 - 6:30 pm		Swim Lessons (2-3) 4 - 6:30 pm			
	Family Swim (2) 6:30 - 7:30 pm		Family Swim (2) 6:30 - 7:30 pm			



Lap swim hours are circle swim depending on demand.

Please note that all classes are subject to change due to demand participation, and weather.

\*\* Please note that there will be one reserved leisure lane during the indicated time slots

## EVENTS

### MOVIE NIGHT - MAY 15<sup>TH</sup>