NOV 2026

POOL SCHEDULE

the YMCA

South County YMCA

MONDAY

- **Lap & Leisure** 5:00–8:55am — Lap(4) Leisure(1)
- **Deep End** 9:00–9:50am
- **Aqua Dance** 9:00–9:50am
- **Lap & Leisure** 10:00am–3:30pm — Lap(3) Leisure(2)
- **Swim Team** 3:30–7:00pm
- **Swim Lessons** 5:00–6:15pm (2 Lanes)
- **Family & Leisure** 6:15 –7:50pm (2 Lanes)
- **Lap** 7:00–7:50 pm (3 Lanes)

TUESDAY

- **Lap & Leisure** 5:00–8:25am — Lap(4) Leisure(1)
- **Lap** 8:30–10:00am — Lap (1)
- **Deep Water X** 8:30–9:15
- **Shallow Water X** 9:15–10:00
- **Lap & Leisure** 10:00am–3:30pm — Lap(3) Leisure(2)
- **Swim Team** 3:30–6:00pm (All Lanes)
- **Masters Swim** 6:00–8:30pm (All Lanes)

WEDNESDAY

- **Lap & Leisure** 5:00–8:55am — Lap(4) Leisure(1)
- **Deep End** 9:00–9:50am
- **Aqua Dance** 9:00–9:50am
- **Lap & Leisure** 10:00am–2:30pm — Lap(3) Leisure(2)
- **Swim Lessons** 3:00–4:30pm (Lane 5)
- **Swim Team** 3:30–7:00pm (All Lanes)
- **Family & Leisure** 7:00–7:50 pm (2 Lanes)
- **Lap** 7:00–7:50 pm (3 Lanes)

THURSDAY

- **Lap & Leisure** 5:00–8:25am — Lap(4) Leisure(1)
- **Lap** 8:30–10:00am — Lap (1)
- **Deep Water X** 8:30–9:15
- **Shallow Water X** 9:15–10:00
- **Lap & Leisure** 10:00am–3:30pm
- **Pool Rental** 10:00am–11:00am (2 Lanes)
- **Swim Team** 3:30–6:00pm (All Lanes)
- **Masters Swim** 6:00–8:30pm (All Lanes)

FRIDAY

- **Lap & Leisure** 5:00–8:55am — Lap(4) Leisure(1)
- **Kick & Chat** 9:00–10:00am (3)
- **Lap** 9:00–10:00am (2)
- **Lap & Leisure** 10:00am–3:30pm — Lap(3) Leisure(2)
- **SCY Preschool** 10:30am–11:30am
- **Swim Team** 3:30–4:30pm (3 Lanes)
- **Swim Team** 4:30–6:30pm (3 Lanes)
- **Swim Lessons** 4:30–6:10pm (2 Lanes)
- **Family & Leisure** 6:10–6:50pm (2 Lanes)
- **Lap** 6:30–6:50 pm (3 Lanes)

SATURDAY

- **Lap & Leisure** 6:00–8:45am — Lap(4) Leisure(1)
- **Swim Lessons** 9:00am–12:00pm (4 Lanes)
- **Lap** 9:00am–12:00pm (1 Lanes)
- **Family & Leisure** 12:00–2:45pm (2 Lanes)
- **Lap Swim** 12:00–2:45pm (3 Lanes)

» Saturday AM deep end swimming available to share water with lessons.

SUNDAY

- **Lap & Leisure** 6:00–9:00am — Lap(4) Leisure(1)
- **Masters Swim** 9:00am–12:00pm (All Lanes)



CLOSED THANKSGIVING

» **SCHEDULE ADJUSTMENT**

Saturday, November 21st
8:00–10:00AM

Lap and Leisure will share water with Life Guard Triaining