



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

AQUATICS SCHEDULE

Phifer Family YMCA Indoor Pool

*Updated 10/2025

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
LAP SWIM	6:00a-1:30p 4:00p-7:30p	6:00a-1:30p 4:00p-7:30p	6:00a-1:30p 4:00p-7:30p	6:00a-1:30p 4:00p-7:30p	6:00a-1:30p 4:00p-7:30p	8:00a-1:30p	Closed
WATER FITNESS CLASS	9:00a-10:45a 10:00-11:00a (arthritis)	5:30-6:15 Aqua Zumba®	9:00-10:45a 10:00-11:00a (arthritis)	5:30-6:15 Aqua Zumba®	NO CLASS	NO CLASS	Closed
CLOSED HOURS	1:30p-4:00p	1:30p-4:00p	1:30p-4:00p	1:30p-4:00p	1:30p-4:00p	1:30p-4:00p	Closed
SWIM TEAM PRACTICE	Team A: 4p-5:30p Team B: 5:30p-7p	Team A: 4p-5:30p	Team A: 4p-5:30p Team B: 5:30p-7p	Team B: 4p-5:30p	Team A: 4p-5:30p Team B: 5:30p-7p	NO PRACTICE	Closed
OPEN SWIM (ALL AGES)	6:00a-1:30p 4:00p-7:30p	6:00a-1:30p 4:00p-7:30p	6:00a-1:30p 4:00p-7:30p	6:00a-1:30p 4:00p-7:30p	6:00a-1:30p 4:00p-7:30p	8:00a-1:30p	Closed

CONTACT US

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OPERATING POOL HOURS

Monday-Friday: 6:00a-1:30p and 4:00p-7:30p
Saturday: 8:00a-1:30p
***24/7 access is not available for pool use**

POOL GUIDELINES

- Children 3 years & younger must be within arms length of a parent at all times
- Children 4-5 years must be supervised by a parent within 5 feet at all times.
- Children 6-12 years must have active adult supervision in the pool at all times.
- Youth 12-15 may use pool with adult supervision located in the facility.
- Teens 16+ may use the pool without adult supervision.
- A swim assessment may be required for children 12 years & younger. Children who do not wish to participate in a swim assessment, will be classified as non-swimmers & are required to wear a coast-guard approved life jacket.
- Proper swim attire is required. Non-potty trained children must wear a swim diaper & elastic swim pants.
- In the event of bodily fluid contamination, the pool will be evacuated for cleaning & restoration.
- Showers are required before entering the pool.
- No diving in the pool, splashing other people, or foul language.

WHIRLPOOL GUIDELINES

- **Showers are required before entering the whirlpool.**
- **Observe no more than 10 minutes in the whirlpool at one time.**
- **No more than 5 people in the whirlpool at one time.**
- **Must be 14+ to access the whirlpool**