



CENTENNIAL HILLS YMCA LAP POOL SCHEDULE

March 1st - 31st, 2026

Aqua Easter Egg Event on March 21st from 10am-12pm.
Pool will be closed for event. There are no group programs during March 16th-22n due to Spring Break.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00am - 9:00am Lap Swim 2-4 lanes Rec Swim 1-2 lanes	5:00am - 9:00am Lap Swim 2-4 lanes Rec Swim 1-2 lanes	5:00am - 9:00am Lap Swim 2-4 lanes Rec Swim 1-2 lanes	5:00am - 9:00am Lap Swim 2-4 lanes Rec Swim 1-2 lanes	5:00am - 9:00am Lap Swim 2-4 lanes Rec Swim 1-2 lanes	7:00am - 9:00am Lap Swim 2-4 lanes Rec Swim 1-2 lanes	
Aqua Classic Cardio 9:00am - 9:50am	Aqua Fit 9:00am - 9:50am	Water In Motion Strength 9:00am - 9:50am	Water In Motion Strength/S'WET 9:00am - 9:50am	Water In Motion Strength 9:30am - 10:20am	Swim Lessons- Practice 9:00am-12:00pm *Pool Is Closed during Programs	9:00am - 12:45pm
9:00am - 10:00am Lap Swim 1-3 lanes	9:00am - 10:00am Lap Swim 1-3 lanes	9:00am - 10:00am Lap Swim 1-3 lanes	9:00am - 10:00am Lap Swim 1-3 lanes	9:00am - 10:20am Lap Swim 1-3 lanes		Lap Swim 2-4 lanes Rec Swim 1 lane
10:00am - 2:30pm Lap Swim 2-4 lanes Rec Swim 1-2 lanes	10:00am - 2:30pm Lap Swim 2-4 lanes Rec Swim 1-2 lanes	10:00am - 2:30pm Lap Swim 2-4 lanes Rec Swim 1-2 lanes	10:00am - 4pm Lap Swim 2-4 lanes Rec Swim 1-2 lanes	10:20am - 2:30pm Lap Swim 2-4 lanes Rec Swim 1-2 lanes	12:00pm - 3:45pm Lap Swim 2-4 lanes Rec Swim 1-2 lanes	
2:30pm - 4:00pm Lap Swim 1-2 lanes	2:30pm - 4:00pm Lap Swim 1-2 lanes	2:30pm - 4:00pm Lap Swim 1-2 lanes	2:30pm - 4:00pm Lap Swim 1-2 lanes	2:30pm - 6:45pm Lap Swim 1-2 lanes		
Swim Lessons- Practice 4:00pm - 7:00pm	Swim Lessons- Practice 4:00pm - 7:00pm *Pool Is Closed during Programs	Swim Lessons- Practice 4:00pm - 7:00pm	Swim Lessons- Practice 4:00pm - 7:00pm *Pool Is Closed during Programs	SWIM TESTS ARE REQUIRED FOR 11 YEARS AND UNDER TO BE IN THE POOL WITHOUT A LIFEJACKET AND/OR PARENT/GUARDIAN WITHIN ARMS REACH. SWIM TEST CONSIST OF SWIMMING 25 YARDS FROM DEEP END TO SHALLOW END OF THE LAP POOL WITHOUT STOPPING.		
Lap Swim 4:00pm - 5:00pm 6:00pm-7:45pm 1-2 lanes Masters 6:45pm - 7:45pm	Lap Swim 7:00pm - 7:45pm 2-4 lanes Rec Swim 1-2 lanes	Lap Swim 4:00pm - 5:00pm 6:00pm-7:45pm 1-2 lanes Aqua Zumba 6:50pm - 7:40 pm	Lap Swim 7:00pm - 7:45pm 2-4 lanes Rec Swim 1-2 lanes	SWIM TEST CONSIST OF SWIMMING 25 YARDS FROM DEEP END TO SHALLOW END OF THE LAP POOL WITHOUT STOPPING.		
				TO TAKE A SWIM TEST PLEASE ASK LIFEGUARD ON DUTY. LIFEGUARDS RESERVE THE RIGHT TO SWIM TEST ALL PATRONS.		



CENTENNIAL HILLS YMCA

THERAPY POOL SCHEDULE March 1st - 31st, 2026

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00am - 8:00am Therapy Use Only	5:00am - 8:00am Therapy Use Only	5:00am - 8:00am Therapy Use Only	5:00am - 8:00am Therapy Use Only	5:00am - 8:00am Therapy Use Only	7:00am-8:30am Open Swim	9:00am - 10:30am Therapy Use Only: See requirements for use below
8:00am - 11:45am Open Swim	8:00am - 10:00am Open Swim	8:00am - 12:45pm Open Swim	8:00am - 10:00am Open Swim	8:00am - 12:15pm Open Swim	8:30am - 1:00pm Swim Lessons *Pool Is Closed during Programs	
11:45am - 12:45pm Closed	10:00am - 11:15am Swim Lessons *Pool Is Closed during Programs	12:45pm - 1:45pm Closed	10:00am - 11:15am Swim Lessons *Pool Is Closed during Programs	12:15pm - 1:15pm Closed	1:00pm-2:45pm Open Swim: ½ Pool	10:30am - 12:45pm Open Swim
12:45pm - 4:30pm Open Swim	11:15am - 12:30pm Open Swim ½ Pool 12:30pm - 1:20pm Arthritic Splash* 1:20pm - 4:15pm Open Swim	2:20pm -4:30pm Open Swim	11:15am - 1:00pm Open Swim ½ Pool 1:00pm - 4:00pm Open Swim	1:15pm - 6:45pm Open Swim	2:45pm-3:45pm Therapy Use Only	
4:30pm - 5:45pm Swim Lessons *Pool Is Closed during Programs	5:00pm - 6:15pm Swim Lessons *Pool Is Closed during Programs	4:30pm - 5:45pm Swim Lessons *Pool Is Closed during Programs	5:00pm - 6:15pm Swim Lessons *Pool Is Closed during Programs	Therapy Use Only: For therapeutic, recovery and low impact water exercise. Open Swim: Therapy pool is open for family, recreation and therapy use.		
5:30pm - 7:45pm Open Swim	6:30pm - 7:45pm Open Swim	5:30pm - 7:45pm Open Swim	6:30pm - 7:45pm Open Swim	SWIM TESTS ARE REQUIRED FOR 11 YEARS AND UNDER TO BE IN THE POOL WITHOUT A LIFEJACKET AND/OR PARENT/GUARDIAN WITHIN ARMS REACH. SWIM TEST CONSIST OF SWIMMING 25 YARDS FROM DEEP END TO SHALLOW END OF THE LAP POOL WITHOUT STOPPING. TO TAKE A SWIM TEST PLEASE ASK LIFEGUARD ON DUTY. LIFEGUARDS RESERVE THE RIGHT TO SWIM TEST ALL PATRONS.		

THERAPY POOL AVAILABILITY MAY BE SUBJECT TO CHANGE ON A DAILY, WEEKLY, OR MONTHLY BASIS. INSTRUCTORS MAY USE PART OF THE THERAPY POOL FOR SWIM LESSONS.

*Pool is closed during swim lessons and Aquatic Fitness classes.