



# CENTENNIAL HILLS YMCA

## LAP POOL SCHEDULE

April 1st - 30th 2026

April 3<sup>rd</sup>: There will be no recreational swim from 4pm-5:30pm

Friday, May 1<sup>st</sup>: The pool will close at 4pm.

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



# CENTENNIAL HILLS YMCA: THERAPY POOL SCHEDULE

April 1st – 30th 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00am – 8:00am Adult Therapy Use Only	5:00am – 8:00am Adult Therapy Use Only	5:00am – 8:00am Adult Therapy Use Only	5:00am – 8:00am Adult Therapy Use Only	5:00am – 8:00am Adult Therapy Use Only	7:00am–8:30am Open Swim	9:00am – 10:30am Adult 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 Adult Therapy Use Only	
4:30pm – 5:45pm Swim Lessons *Pool Is Closed during Programs	5:00pm – 5:45pm Swim Lessons *Pool Is Closed during Programs	4:15pm – 5:45pm Swim Lessons *Pool Is Closed during Programs	5:00pm – 6:15pm Swim Lessons *Pool Is Closed during Programs	<p>Adult Therapy Use Only: For therapeutic, recovery and low impact water exercise. Open Swim: Therapy pool is open for family, recreation and therapy use. 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.</p> <p>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.</p>		
5:45pm – 7:00pm Open Swim	5:30pm – 7:00pm Open Swim	5:45pm – 7:00pm Open Swim	6:15pm – 7:00pm Open Swim			
7:00pm – 7:45pm Adult Therapy Use Only	7:00pm – 7:45pm Adult Therapy Use Only	7:00pm – 7:45pm Adult Therapy Use Only	7:00pm – 7:45pm Adult Therapy Use Only			