

KEN-TON FAMILY YMCA

POOL SCHEDULE

JUNE 28 – AUGUST 29, 2026



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Lap Swim</b> Lanes 1-2 <b>Open Swim</b> Lanes 3-4 8:00-9:00am	<b>Lap Swim</b> 5:00-9:00am	<b>Lap Swim</b> 5:00-9:00am	<b>Lap Swim</b> 5:00-9:00am	<b>Lap Swim</b> 5:00-9:00am	<b>Lap Swim</b> 5:00-9:00am 9:00-9:45am 10:00-10:45am	<b>Aqua Fit</b> 8:15-9:00am Rebecca
	<b>Aqua Fit</b> 9:00-9:45am 10:00-10:45am Kathy	<b>Aqua Fit</b> 9:00-9:45am 10:00-10:45am Kathy	<b>Aqua Fit</b> 9:00-9:45am 10:00-10:45am Kathy	<b>Aqua Fit</b> 9:00-9:45am 10:00-10:45am Kathy		
<b>Lap Swim</b> Lanes 1-2 <b>Lessons</b> Lanes 3-4 9:00-10:00am 10:00-11:00am 11:00-12:00pm	<b>Strength &amp; Stretch</b> 11:15-12:00pm 12:00-12:30pm Sandy	<b>Lap Swim</b> Lanes 1-2 <b>Open Swim</b> Lanes 3-4 11:00-11:45am	<b>Aquatic Arthritis</b> 11:15-12:00pm 12:00-12:30pm Sandy	<b>Lap Swim</b> Lanes 1-2 <b>Open Swim</b> Lanes 3-4 11:00-11:45am	<b>Strength &amp; Stretch</b> 11:15-12:00pm 12:00-12:30pm Sandy	<b>Lap Swim</b> Lanes 1-2 <b>Lessons</b> Lanes 3-4 9:15-9:45am 10:00-11:00am *11:00-12:00pm 12:00-12:45pm
	Summer Camp 12:30-3:45pm	Summer Camp 12:30-3:45pm	Summer Camp 12:30-3:45pm	Summer Camp 12:30-3:45pm	Summer Camp 12:30-3:45pm	
	<b>Lap Swim</b> Lanes 1-2 <b>Lessons</b> Lanes 3-4 4:00-4:45pm 5:00-5:45pm	<b>Open Swim</b> 4:00p-4:45pm	<b>Lap Swim</b> Lanes 1-2 <b>Lessons</b> Lanes 3-4 4:00-4:45pm 5:00-5:45pm	<b>Open Swim</b> 4:00p-4:45pm	<b>Lap Swim</b> Lanes 1-2 <b>Lessons</b> Lanes 3-4 4:00p-4:45pm 5:00-5:45pm 6:00-6:45pm 7:00-7:45pm	<b>Lap Swim</b> Lanes 1-2 <b>Open Swim</b> Lanes 3-4 1:00-1:45pm 2:00-2:45pm 3:00-3:45pm
		<b>Aqua Fit</b> 5:00-5:45pm Cyd Lessons - Lane 1		<b>Aqua Fit</b> 5:00-5:45pm Cyd Lessons - Lane 1		
	<b>Aqua Fit II</b> 6:00-6:45pm Rebecca Lessons - Lane 1	<b>Adaptive Sports</b> Lanes 1-4 6:15-7:45pm	<b>Deep Water Core</b> 6:00-6:45pm Rebecca Lessons - Lane 1	<b>Lap Swim</b> Lanes 1-2 <b>Lessons</b> Lanes 3-4 6:00-6:45pm 7:00-7:45pm		
	<b>Lap Swim</b> Lanes 1-2 <b>Lessons</b> Lanes 3-4 7:00-7:45pm		<b>Lap Swim</b> Lanes 1-2 <b>Lessons</b> Lanes 3-4 7:00-7:45pm			
<p style="text-align: center;"><b>*Please call ahead to confirm pool availability.</b></p> <p style="text-align: center;"><b>Birthday parties may be scheduled for 11:00am-12:00pm</b></p>						

\*Schedules are subject to change

\*If only one guard is on duty, the pool will close for 15 minutes at the end of each hour.