

KEN-TON FAMILY YMCA

POOL SCHEDULE

SEPTEMBER 8 – OCTOBER 24, 2026



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Lap Swim Lanes 1-2 Open Swim Lanes 3-4 8:00-9:00am	Lap Swim 5:00-9:00am	Lap Swim 5:00-9:00am	Lap Swim 5:00-9:00am	Lap Swim 5:00-9:00am	Lap Swim 5:00-9:00am 9:00-9:45am 10:00-10:45am	Aqua Fit 8:15-9:00am Rebecca
	Aqua Fit 9:00-9:45am 10:00-10:45am Janice	Aqua Fit 9:00-9:45am 10:00-10:45am Kathy	Aqua Fit 9:00-9:45am 10:00-10:45am Janice	Aqua Fit 9:00-9:45am 10:00-10:45am Kathy		
Lap Swim Lanes 1-2 Lessons Lanes 3-4 9:00-10:00am 10:00-11:00am 11:00-12:00pm	Strength & Stretch 11:15-12:00pm 12:00-12:45pm Sandy	Lap Swim Lanes 1-2 Open Swim Lanes 3-4 11:00-11:45am 12:00-12:45pm 1:00-1:45pm 2:00-2:45pm	Aquatic Arthritis 11:15-12:00pm 12:00-12:45pm Sandy	Lap Swim Lanes 1-2 Open Swim Lanes 3-4 11:00-11:45am 12:00-12:45pm 1:00-1:45pm 2:00-2:45pm	Strength & Stretch 11:15-12:00pm 12:00-12:45pm Sandy	
	Lap Swim Lanes 1-2 Open Swim Lanes 3-4 1:00-1:45pm 2:00-2:45pm 3:00-3:45pm	Open Family Swim 3:00-3:45pm 4:00-4:45pm	Lap Swim Lanes 1-2 Open Swim Lanes 3-4 1:00-1:45pm 2:00-2:45pm 3:00-3:45pm	Open Family Swim 3:00-3:45pm 4:00-4:45pm	Lap Swim Lanes 1-2 Open Swim Lanes 3-4 1:00-1:45pm 2:00-2:45pm 3:00-3:45pm 4:00-4:45pm	Lap Swim Lanes 1-2 Lessons Lanes 3-4 9:15-9:45am 10:00-11:00am *11:00-12:00pm 12:00-12:45pm
	Open Family Swim Lanes 1-2 Lessons Lanes 3-4 4:00-4:45pm 5:00-5:45pm	Aqua Fit 5:00-5:45pm Cyd	Open Family Swim Lanes 1-2 Lessons Lanes 3-4 4:00-4:45pm 5:00-5:45pm	Aqua Fit 5:00-5:45pm Cyd Lessons - Lane 1	Lap Swim Lanes 1-2 Lessons Lanes 3-4 5:00-5:45pm 6:00-6:45pm 7:00-7:45pm 8:00-8:45pm	Lap Swim Lanes 1-2 Open Swim Lanes 3-4 1:00-1:45pm 2:00-2:45pm 3:00-3:45pm
	Aqua Fit II 6:00-6:45pm Rebecca Lessons - Lane 1	Adaptive / Family Open Swim 6:00-6:45pm 7:00-7:45pm 8:00-8:45pm	Deep Water Core 6:00-6:45pm Rebecca Lessons - Lane 1	Lap Swim Lanes 1-2 Lessons Lanes 3-4 6:00-6:45pm 7:00-7:45pm 8:00-8:45pm		*Please call ahead to confirm pool availability. Birthday parties may be scheduled for 11:00am-12:00pm
	Lap Swim Lanes 1-2 Lessons Lanes 3-4 7:00-7:45pm 8:00-8:45pm		Lap Swim Lanes 1-2 Lessons Lanes 3-4 7:00-7:45pm 8:00-8:45pm			

*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.