

## Southdale YMCA

## **LAP POOL SCHEDULE**

December 1 - December 14, 2025

NO Reservations Required (Except Water X Classes)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00am -7:30am	5:00am -7:30am	5:00am -7:30am	5:00am -7:30am	5:00am -7:30am		
Lap Swim (6)	Lap Swim (6)	Lap Swim (6)	Lap Swim (6)	Lap Swim (6)	CLOSED	CLOSED
					7:00am - 8:10am	7:00am - 10:00am
7:30-7:45 CLOSED	7:30-7:45 CLOSED					Law Cooling (C)
Water X Class	Water X Class	CI OCED 720 045	CLOSED 730 045	CLOSED 720 045	Lap Swim (6)	Lap Swim (6)
7:45am - 8:30am	7:45am - 8:30am	CLOSED 730-845	CLOSED 730-845	CLOSED 730-845	8:15am-1:05pm	
8:30-8:45 CLOSED	8:30-8:45 CLOSED				Swim Team (5) Swim Lessons (1)	
8:45am - 1:15pm	8:45am - 11:55am	8:45am - 1:15pm	8:45am - 11:55am	8:45am - 11:55am	Swiiii Lessons (1)	
Lap Swim (6)	Lap Swim (5) Swim Lessons (1)	Lap Swim (6)	Lap Swim (6)	Lap Swim (6)		10:00am-12:00pm
	(=,					10.00am-12.00pm
						Lap Swim (5) Open Swim (1)
	1155-1215 CLOSED					12:00pm - 4:45pm
	Water X Class		CLOSED 1155-115	CLOSED 1155-115		
	12:15pm - 1:00pm		020025 2200 220	020020 2200 220		Lap Swim (4)
1:15pm - 4:55pm	100-115 CLOSED	1:15pm - 4:55pm	1:15pm - 5:10pm	1:15pm - 4:55pm	1:05pm - 4:45pm	Open Swim (2)
1.15piii - 4.55piii	1:15pm - 5:10pm <b>Lap Swim (4)</b>	1.15piii - 4.55piii	Lap Swim (3)	1.15piii - 4.55piii	Lap Swim (4)	
Lap Swim (4)	Open Swim (1)	Lap Swim (4)	Open Swim (1)	Lap Swim (4)	Open Swim (2)	
Open Swim (1)	Swim Lessons (1)	Open Swim (1)	Home School (2)	Open Swim (1)	Open Swiiii (2)	
Swim Lessons (1)		Swim Lessons (1)	(2-3pm)	Swim Lessons (1)		
5:00pm - 7:50pm		5:00pm - 7:50pm		5:00pm - 7:50pm		
	5:15pm - 7:20pm		5:15pm - 7:20pm			
Swim Team (5)	Swim Team (5)	Swim Team (5)	Swim Team (5)	Swim Team (5)		
Swim Lessons (1)	Swim Lessons (1)	Swim Lessons (1)	Swim Lessons (1)	Swim Lessons (1)		
	(=/		(=/			
					CLOSED	CLOSED
7:50pm-8:20pm				7:50pm-8:20pm		
Swim Team (3)				Swim Team (3)		
Swim Lessons (1)  Lap Swim (1)	7:20pm - 8:45pm		7:20pm - 8:45pm	Lap Swim (2)		
Open Swim (1)	Lap Swim (4)	7:50pm - 8:45pm	Lap Swim (4)	Open Swim (1)		
8:20pm - 8:45pm Lap Swim (5)	Open Swim (2)	Lap Swim (4)	Open Swim (2)	8:20pm - 8:45pm Lap Swim (5)		
Open Swim (1)		Open Swim (2)		Open Swim (1)		



## Southdale YMCA

## **LAP POOL SCHEDULE**

December 15 - December 21, 2025

NO Reservations Required (Except Water X Classes)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00am -7:30am	5:00am -7:30am	5:00am -7:30am	5:00am -7:30am	5:00am -7:30am	2222.227	
Lap Swim (6)	Lap Swim (6)	Lap Swim (6)	Lap Swim (6)	Lap Swim (6)	CLOSED	CLOSED
					7:00am - 8:10am	7:00am - 10:00am
7:30-7:45 CLOSED	7:30-7:45 CLOSED					Lan Coolina (C)
Water X Class	Water X Class	0.00=5 =00 0.5		0.00== =00.01=	Lap Swim (6)	Lap Swim (6)
7:45am - 8:30am	7:45am - 8:30am	CLOSED 730-845	CLOSED 730-845	CLOSED 730-845	8:15am-1:05pm	
8:30-8:45 CLOSED	8:30-8:45 CLOSED				Lap Swim (5)	
8:45am - 1:15pm	8:45am - 11:55am	8:45am - 1:15pm	8:45am - 11:55am	8:45am - 11:55am	Swim Lessons (1)	
Lap Swim (6)	Lap Swim (5) Swim Lessons (1)	Lap Swim (6)	Lap Swim (6)	Lap Swim (6)		10:00am-12:00pm
						20.000
						Lap Swim (5) Open Swim (1)
	1155-1215 CLOSED					12:00pm - 4:45pm
	Water X Class		CLOSED 1155-115	CLOSED 1155-115		
	12:15pm - 1:00pm					Lap Swim (4)
1:15pm - 4:55pm	100-115 CLOSED	1:15pm - 4:55pm	1:15pm - 5:10pm	1:15pm - 4:55pm	1:05pm - 4:45pm	Open Swim (2)
1.13piii - 4.33piii	1:15pm - 5:10pm <b>Lap Swim (4)</b>	1.13piii - 4.33piii	Lap Swim (3)	1.13piii - 4.33piii	Lan Suring (4)	
Lap Swim (4)	Open Swim (1)	Lap Swim (4)	Open Swim (1)	Lap Swim (4)	Lap Swim (4) Open Swim (2)	
Open Swim (1)	Swim Lessons (1)	Open Swim (1)	Home School (2)	Open Swim (1)	Open Swiii (2)	
Swim Lessons (1)		Swim Lessons (1)	(2-3pm)	Swim Lessons (1)		
5:00pm - 7:50pm		5:00pm - 7:50pm		5:00pm - 7:50pm		
3.00pm - 7.50pm	5:15pm - 7:20pm	3.00pm - 7.30pm	5:15pm - 7:20pm	3.00pm - 7.30pm		
Swim Team (5)	· '	Swim Team (5)		Swim Team (5)		
Swim Lessons (1)	Swim Team (5)	Swim Lessons (1)	Swim Team (5)	Swim Lessons (1)		
	Swim Lessons (1)	, ,	Swim Lessons (1)	, ,		
					CLOSED	CLOSED
7:50pm-8:20pm Swim Team (3)				7:50pm-8:20pm		
Swim Team (3) Swim Lessons (1)	7:20pm - 8:45pm		7:20pm - 8:45pm	Swim Team (3)		
Lap Swim (1)	Lap Swim (4)		Lap Swim (4)	Lap Swim (2) Open Swim (1)		
Open Swim (1) 8:20pm - 8:45pm	Open Swim (2)	7:50pm - 8:45pm	Open Swim (2)	8:20pm - 8:45pm		
8:20pm - 8:45pm Lap Swim (5)	. , ,	Lap Swim (4)	' '	8:20pm - 8:45pm Lap Swim (5)		
Open Swim (1)		Open Swim (2)		Open Swim (1)		