



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 Lap Swim (6)	5:00am -7:30am Lap Swim (6)	5:00am -7:30am Lap Swim (6)	5:00am -7:30am Lap Swim (6)	5:00am -7:30am Lap Swim (6)	CLOSED	CLOSED
7:30-7:45 CLOSED	7:30-7:45 CLOSED	CLOSED 730-845	CLOSED 730-845	CLOSED 730-845	7:00am - 8:10am	7:00am - 10:00am
Water X Class 7:45am - 8:30am	Water X Class 7:45am - 8:30am				Lap Swim (6)	Lap Swim (6)
8:30-8:45 CLOSED	8:30-8:45 CLOSED				8:15am-1:05pm Swim Team (5) Swim Lessons (1)	
8:45am - 1:15pm Lap Swim (6)	8:45am - 11:55am Lap Swim (5) Swim Lessons (1)	8:45am - 1:15pm Lap Swim (6)	8:45am - 11:55am Lap Swim (6)	8:45am - 11:55am Lap Swim (6)	1:05pm - 4:45pm Lap Swim (4) Open Swim (2)	10:00am-12:00pm Lap Swim (5) Open Swim (1)
1:15pm - 4:55pm Lap Swim (4) Open Swim (1) Swim Lessons (1)	1155-1215 CLOSED	1:15pm - 4:55pm Lap Swim (4) Open Swim (1) Swim Lessons (1)	1:15pm - 5:10pm Lap Swim (3) Open Swim (1) Home School (2) (2-3pm)	1:15pm - 4:55pm Lap Swim (4) Open Swim (1) Swim Lessons (1)		12:00pm - 4:45pm Lap Swim (4) Open Swim (2)
	Water X Class 12:15pm - 1:00pm					
	100-115 CLOSED					
5:00pm - 7:50pm Swim Team (5) Swim Lessons (1)	5:15pm - 7:20pm Swim Team (5) Swim Lessons (1)	5:00pm - 7:50pm Swim Team (5) Swim Lessons (1)	5:15pm - 7:20pm Swim Team (5) Swim Lessons (1)	5:00pm - 7:50pm Swim Team (5) Swim Lessons (1)	CLOSED	CLOSED
7:50pm-8:20pm Swim Team (3) Swim Lessons (1) Lap Swim (1) Open Swim (1)	7:20pm - 8:45pm Lap Swim (4) Open Swim (2)	7:50pm - 8:45pm Lap Swim (4) Open Swim (2)	7:20pm - 8:45pm Lap Swim (4) Open Swim (2)	7:50pm-8:20pm Swim Team (3) Lap Swim (2) Open Swim (1)		
8:20pm - 8:45pm Lap Swim (5) Open Swim (1)				8:20pm - 8:45pm Lap Swim (5) Open Swim (1)		

***During Lap swim, you are required to share a lane with another swimmer if all lanes are full. This may include circle swimming.

***Lap Swim requires a pink wristband if under the age of 15 and must be swimming laps.



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 Lap Swim (6)	5:00am -7:30am Lap Swim (6)	5:00am -7:30am Lap Swim (6)	5:00am -7:30am Lap Swim (6)	5:00am -7:30am Lap Swim (6)	CLOSED	CLOSED	
7:30-7:45 CLOSED	7:30-7:45 CLOSED	CLOSED 730-845	CLOSED 730-845	CLOSED 730-845	7:00am - 8:10am	7:00am - 10:00am	
Water X Class 7:45am - 8:30am	Water X Class 7:45am - 8:30am				Lap Swim (6)	8:15am-1:05pm Lap Swim (5) Swim Lessons (1)	Lap Swim (6)
8:30-8:45 CLOSED	8:30-8:45 CLOSED						
8:45am - 1:15pm Lap Swim (6)	8:45am - 11:55am Lap Swim (5) Swim Lessons (1)	8:45am - 1:15pm Lap Swim (6)	8:45am - 11:55am Lap Swim (6)	8:45am - 11:55am Lap Swim (6)	1:05pm - 4:45pm Lap Swim (4) Open Swim (2)	10:00am-12:00pm Lap Swim (5) Open Swim (1)	
	1155-1215 CLOSED		CLOSED 1155-115	CLOSED 1155-115		12:00pm - 4:45pm Lap Swim (4) Open Swim (2)	
	Water X Class 12:15pm - 1:00pm						
	100-115 CLOSED						
1:15pm - 4:55pm Lap Swim (4) Open Swim (1) Swim Lessons (1)	1:15pm - 5:10pm Lap Swim (4) Open Swim (1) Swim Lessons (1)		1:15pm - 4:55pm Lap Swim (4) Open Swim (1) Swim Lessons (1)	1:15pm - 5:10pm Lap Swim (3) Open Swim (1) Home School (2) (2-3pm)	1:15pm - 4:55pm Lap Swim (4) Open Swim (1) Swim Lessons (1)		
5:00pm - 7:50pm Swim Team (5) Swim Lessons (1)	5:15pm - 7:20pm Swim Team (5) Swim Lessons (1)	5:00pm - 7:50pm Swim Team (5) Swim Lessons (1)	5:15pm - 7:20pm Swim Team (5) Swim Lessons (1)	5:00pm - 7:50pm Swim Team (5) Swim Lessons (1)	CLOSED	CLOSED	
7:50pm-8:20pm Swim Team (3) Swim Lessons (1) Lap Swim (1) Open Swim (1)	7:20pm - 8:45pm Lap Swim (4) Open Swim (2)	7:50pm - 8:45pm Lap Swim (4) Open Swim (2)	7:20pm - 8:45pm Lap Swim (4) Open Swim (2)	7:50pm-8:20pm Swim Team (3) Lap Swim (2) Open Swim (1)			
8:20pm - 8:45pm Lap Swim (5) Open Swim (1)				8:20pm - 8:45pm Lap Swim (5) Open Swim (1)			

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