



SOUTHDAL YMCA

LEISURE POOL SCHEDULE

December 1 - December 14, 2025

***Reservations Required for all evening, weekend and Water Exercise Classes in the Leisure Pool

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday | | |
|---|---|--|---|--|----------|--------|---|---|
| CLOSED | CLOSED | CLOSED | CLOSED | CLOSED | CLOSED | CLOSED | | |
| | | Water X Class 7:45-8:30 Reservations Required | Water X Class 7:45-8:30 Reservations Required | Water X Class 7:45-8:30 Reservations Required | | | | |
| | | CLOSED | CLOSED | CLOSED | | | | |
| Open Swim Vortex On 9:00-11:55 No Reservations | Open Swim Vortex On 9:00-11:55 No Reservations | | Open Swim Vortex On 9:00-11:55 No Reservations | Open Swim Vortex On 9:00-9:55 10:00-10:55 11:00-11:55 12:00-12:55 1:00-1:55 2:00-2:55 Reservations Required | | | | |
| CLOSED | CLOSED | | CLOSED | | | | | |
| | Water X Class 12:15-1:00 Reservations Required | | Water X Class 12:15-1:00 Reservations Required | | | | | |
| | CLOSED | | CLOSED | | CLOSED | | Open Swim Vortex On 2:00-2:55 3:00-3:55 4:00-4:45 Reservations Required | |
| 18+ Vortex 4:20-4:50 4:55-5:25 5:30-6:00 6:05-6:35 6:40-7:10 Reservations Required | | | | 18+ Vortex 4:20-4:50 4:55-5:25 5:30-6:00 6:05-6:35 6:40-7:10 Reservations Required | | | | Open Swim Vortex On 5:00-5:55 6:00-6:55 7:00-7:55 Reservations Required |
| | | | | | | | | |
| 18+ Vortex 6:40-7:10 Open Swim Vortex On 7:15-7:55 Reservations Required | CLOSED | CLOSED | CLOSED | CLOSED | CLOSED | | | |
| CLOSED | | | | | | CLOSED | CLOSED | |

Swim Tests will be available 5 minutes before your open swim reservation.



Southdale YMCA

Updated: 4/13/2023

WHIRLPOOL SCHEDULE

December 1 - December 14, 2025

NO Reservations Required (minimum age of 15 is required for whirlpool use)

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|------------------------------------|------------------------------------|-----------------------------------|------------------------------------|------------------------------------|-----------------|-----------------|
| 5:00am - 7:30am Whirlpool Open | 5:00am - 7:30am Whirlpool Open | 5:00am - 8:45pm Whirlpool Open | 5:00am - 7:30am Whirlpool Open | 5:00am - 8:45pm Whirlpool Open | CLOSED | CLOSED |
| 7:30-7:45 CLOSED | 7:30-7:45 CLOSED | 7:30-8:45 CLOSED | 7:30-8:45 CLOSED | 7:30-8:45 CLOSED | 7:00am - 4:45pm | 7:00am - 4:45pm |
| 7:45am - 8:30am Whirlpool Open | 7:45am - 8:30am Whirlpool Open | | | | Whirlpool Open | Whirlpool Open |
| 8:30-8:45 CLOSED | 8:30-8:45 CLOSED | | | | | |
| 8:45am - 9:45am Whirlpool Open | 8:45am - 11:55am Whirlpool Open | 8:45am - 8:45pm Whirlpool Open | 8:45am - 11:30am Whirlpool Open | 8:45am - 11:55am Whirlpool Open | | |
| 9:45am-12:15pm CLOSED | 11:55-12:15 CLOSED | | 11:30am-3:00pm CLOSED | 11:55-12:15 CLOSED | | |
| 12:15pm - 8:45pm Whirlpool Open | 12:15pm - 1:00pm Whirlpool Open | | | | | |
| Whirlpool Open | 100-115 CLOSED | | | 100-115 CLOSED | | |
| | 1:15pm - 8:45pm Whirlpool Open | | | 1:15pm - 8:45pm Whirlpool Open | | |
| | | | | | | |
| | | | 3:00pm - 8:45pm Whirlpool Open | | | |
| | | | | | CLOSED | CLOSED |



SOUTHDAL YMCA

LEISURE POOL SCHEDULE

December 15 - December 21, 2025

***Reservations Required for all evening, weekend and Water Exercise Classes in the Leisure Pool

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday | |
|---|---|---|---|--|----------|--------|---|
| CLOSED | CLOSED | CLOSED | CLOSED | CLOSED | CLOSED | CLOSED | |
| | | Water X Class 7:45-8:30 Reservations Required | Water X Class 7:45-8:30 Reservations Required | Water X Class 7:45-8:30 Reservations Required | | | |
| | | CLOSED | CLOSED | CLOSED | | | |
| Open Swim Vortex On 9:00-11:55 No Reservations | Open Swim Vortex On 9:00-11:55 No Reservations | | Open Swim Vortex On 9:00-11:55 No Reservations | Open Swim Vortex On 9:00-9:55 10:00-10:55 11:00-11:55 12:00-12:55 1:00-1:55 2:00-2:55 Reservations Required | | | |
| CLOSED | CLOSED | | CLOSED | | | | |
| | Water X Class 12:15-1:00 Reservations Required | | Water X Class 12:15-1:00 Reservations Required | | | | |
| | CLOSED | | CLOSED | CLOSED | CLOSED | CLOSED | Open Swim Vortex On 2:00-2:55 3:00-3:55 4:00-4:45 Reservations Required |
| Open Swim Vortex On 4:00-4:55 5:00-5:55 6:00-6:55 Reservations Required | | Open Swim Vortex On 4:00-4:55 5:00-5:55 6:00-6:55 Reservations Required | | | | | Open Swim Vortex On 5:00-5:55 6:00-6:55 7:00-7:55 Reservations Required |
| | | | | | | | |
| CLOSED | CLOSED | CLOSED | CLOSED | CLOSED | CLOSED | CLOSED | |

Swim Tests will be available 5 minutes before your open swim reservation.



WHIRLPOOL SCHEDULE

December 15 - January 11, 2026

NO Reservations Required (minimum age of 15 is required for whirlpool use)

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