



SALT FORK YMCA POOL SCHEDULE

Fall 2025

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY			
5:30AM	Lap Swim Family Rec Swim 5:30 - 9:00	Lap Swim Family Rec Swim	Lap Swim Family Rec Swim 5:30 - 9:00	Lap Swim Family Rec Swim	Lap Swim Family Rec Swim 5:30 - 9:00	CLOSED	CLOSED			
6:00AM										
6:30AM		Deep Water 6:45 - 7:30		Deep Water 6:45 - 7:30		Lap Swim Family Rec Swim 6:30 - 10:00				
7:00AM										
7:30AM		Lap Swim Family Rec Swim 7:30 – 9:00		Lap Swim Family Rec Swim 7:30 – 9:00						
8:00AM										
8:30AM										
9:00AM	Rusty Hinges 9:00 - 10:00	Rusty Hinges 9:00 - 10:00	Rusty Hinges 9:00 - 10:00	Rusty Hinges 9:00 - 10:00						
9:30AM										
10:00AM	Lap Swim Family Rec Swim 10:00 - 1:00	Lap Swim Family Rec Swim 10:00 - 1:00	Lap Swim Family Rec Swim 10:00 - 1:00	Lap Swim Family Rec Swim 10:00 - 1:00	Lap Swim Family Rec Swim 10:00 - 1:00	Swim Lessons 10:00 - 11:00				
10:30AM						Masters Swim & Lap Swim 11:00 - 1:00				
11:00AM										
11:30AM										
12:00PM										
12:30PM										
1:00PM	CLOSED 1:00 -3:30	CLOSED 1:00 -3:30	CLOSED 1:00 -3:30	CLOSED 1:00 -3:30	CLOSED 1:00 -3:30	Lap Swim Family Rec Swim 1:00—5:00	Lap Swim Family Rec Swim 1:00—5:00			
1:30PM										
2:00PM										
2:30PM										
3:00PM										
3:30PM	HS Swim Team Lap Swim	HS Swim Team Lap Swim	HS Swim Team Lap Swim	HS Swim Team Lap Swim	HS Swim Team Lap Swim					
4:00PM										
4:30PM	3:30 – 5:00	3:30 – 5:00	3:30 – 5:00	3:30 – 5:00	3:30 – 5:00					
5:00PM	Rec Swim	Rec Swim	Rec Swim	Rec Swim	CLOSED	CLOSED	CLOSED			
5:30PM	Swim Lessons 5:30-6:30	Aqua Zumba 5:30-6:30	Swim Lessons 5:30-6:30	Aqua Zumba 5:30-6:30						
6:00PM										
6:30PM	Lap Swim Family Rec Swim 6:30 - 8:00	Lap Swim Family Rec Swim 6:30 - 8:00	Lap Swim Family Rec Swim 6:30 - 8:00	Lap Swim Family Rec Swim 6:30 - 8:00						
7:00PM										
7:30PM										
8:00PM										

Holiday & Inclement weather may effect the Aquatics Area availability.

Lightning Policy: In case of thunder/lightning storms, we will close the pool as recommended by YMCA of the USA guidelines. The pool will remain closed for 30 minutes after each detected lightning strike. Lifeguard on duty will make official decision on weather openings/closings. 08/19/2025

GROUP WATER EXERCISE:

AQUA ZUMBA

- * Low impact, high-energy aquatic exercise
- * Aqua Zumba blends the Zumba philosophy with water resistance
- * Less impact on your joints
- * Water creates natural resistance, which helps tone muscles

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- * While suspended in the deep water with your buoyancy equipment, you can perform almost any activity in the water that you do on land
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RUSTY HINGES

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GROUP SWIM LESSONS:

