



SALT FORK YMCA POOL SCHEDULE

Winter 2026

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

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.

01/05/2026

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

RUSTY HINGES

- * Shallow water workout
- * Focuses on range of motion, flexibility and light cardio
- * Non-impact with resistance
- * Great for arthritis and joint pain and/or recovering from an injury

DEEP WATER AEROBICS

- * Invigorating class to increase your sense of well-being through muscle toning
- * While suspended in the deep water with your buoyancy equipment, you can perform almost any activity in the water that you do on land
- * Zero impact class due to being in the deep wa-

GROUP SWIM LESSONS:

