# 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 | | | | | | | |
| 6:30AM | | Deep Water 6:45 - 7:30 | | Deep Water 6:45 - 7:30 | | | |
| 7:00AM | | | | | | Lap Swim Family Rec Swim | |
| 7:30AM | | Lap Swim Family Rec Swim | | Lap Swim Family Rec Swim | | | |
| 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 | Rusty Hinges 9:00 - 10:00 | | |
| 9:30AM | | | | | | | |
| 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 | Lap Swim Family Rec Swim 10:00—1:00 | | |
| 10:30AM | | | | | | | |
| 11:00AM | | | | | | | |
| 11:30AM | | | | | | | |
| 12:00PM | | Lap Swim Family Rec Swim | | Lap Swim Family Rec Swim | | | |
| 12:30PM | | | | | | | |
| 1:00PM | CLOSED | CLOSED | CLOSED | CLOSED | CLOSED | Masters Swim 11:00-1:30 & Lap Swim Family Rec Swim 11:00-5:00 | 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 | | | | | | | |
| 5:00PM | | | | | CLOSED | CLOSED | CLOSED |
| 5:30PM | Lap Swim Family Rec Swim | Aqua Zumba 5:30-6:30 | Lap Swim Family Rec Swim | Aqua Zumba 5:30-6:30 | | | |
| 6:00PM | | | | | | | |
| 6:30PM | | Lap Swim Family Rec Swim | | Lap Swim Family Rec Swim | | | |
| 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. 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

**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-

**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

# GROUP SWIM LESSONS:

