

Guide: (R) Registration Required

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Full Lane (4 Lanes) 6-9:30am	Full Lane (4 Lanes) 6-10:15am	Full Lane (4 Lanes) 6-10:15am	Full Lane (4 Lanes) 6-10:15am	Full Lane (4 Lanes) 6-12pm	Full Lane (4 Lanes) 7-9am	Full Lane (4 Lanes) 7-9am
Partial Lane (2 Lanes) Aquafit (R) 9:30-10:15am	Partial Lane (2 Lanes) Swim Camp 10:00-12:00pm June 29 th -July 23 rd	Partial Lane (2 Lanes) Aquafit (R) 10:15-11am	Partial Lane (2 Lanes) Swim Camp 10:00-12:00pm June 29 th -July 23 rd	Partial Lane (2 Lanes) Aquafit (R) 12-12:45pm	Swim Lessons (Pool Closed) 9-12:30pm	Swim Lessons (Pool Closed) 9-12:30pm
Partial Lane (3 Lanes) Swim Lessons 10:15-12:15pm	Full Lane (4 Lanes) 12:00pm -1pm	Partial Lane (3 Lanes) Swim Lessons 11:15-12:45pm	Full Lane (4 Lanes) 12:00pm-1pm	Full Lane (4 Lanes) 12:45-9pm	Full Lane (4 Lanes) 12:30-7pm	Full Lane (4 Lanes) 12:30-7pm
Full Lane (4 Lanes) 12:15-4pm	Partial Lane (3 Lanes) Swim Lessons 1-2pm	Full Lane (4 Lanes) 12:45-9pm	Partial Lane (3 Lanes) Swim Lessons 1-2pm			
Partial Lane (3 Lanes) Swim Lessons 4-7:30pm	Full Lane (4 Lanes) 2-4pm		Full Lane (4 Lanes) 2-4pm			
Full Lane (4 Lanes) 7:30-9pm	Partial Lane (2 Lanes) Swim Lessons 4-7:30pm		Swim Lessons (Pool Closed) 4-7:30pm			
	Full Lane (4 Lanes) 7:30-9pm		Full Lane (4 Lanes) 7:30-9pm			

Lane Swim Etiquette	Swim to the right side of the lane.	When resting, please keep to the corner to allow other swimmers to use the wall.	Faster swimmers must pass to the left.	Choose the appropriate lane for your pace. If swimmers pass often, please move to a slower lane to avoid collision.	When entering the lane, give other swimmers the right of way.
Full Lane Swim	During these times, the pool is configured for lane swim only.				
Partial Lane Swim	During these times, the pool is configured to have one to three lanes for lane swim. Additional activities may occur in other areas of the pool.				
Open Swim	During this time, a section of the pool will be open for any type of swimming or aquatic activity. Families are welcome to come in the designated area. Children under 8yrs must be accompanied by an adult 16yrs and older in the water and must be within arm's reach of child. Ratio is one adult per three children.				
Aquafit	This water exercise class is for those looking for a light, low impact and joint-friendly workout. Improve core strength, endurance, a range of motion, flexibility and balance. All levels welcome. Registration on the MindBody app is required. Check the MindBody app for class schedule updates.				
Swim Lessons	Pool space dedicated to providing swim lessons and training for swim instructors. When the schedule says "(Pool Closed)" that means the lap pool is closed for that duration of time. The hot tub and steam room remain open during swim lesson times. Parents must remain in the building, in pool area for children under the age of 10yrs.				



Robert Lee YMCA

LIT Aquatics Schedule – Updated June 29, 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
				Swim Instructor July 10, 2026 4:00pm-9pm	Swim Instructor July 11, 2026 8am - 5pm	Swim Instructor July 12, 2026 8am-5pm
				Swim Instructor July 17, 2026 4:00pm-9pm	Swim Instructor July 18, 2026 8am-5pm	Swim Instructor July 19, 2026 8am-5pm

*** There are fewer open lanes during the above times.
Check with our aquatics staff to find out more details. ***