

**Lakota Family YMCA**  
**Indoor Pool - Program Schedule**  
**Late-Summer Season (August)**

\*SCHEDULE IS SUBJECT TO CHANGE\*

Hours:	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday			
Indoor	12pm-5:30pm	6am-8:30pm	6am-8:30pm	6am-8:30pm	6am-8:30pm	6am-8:30pm	7:30am-6:30pm			
6:00am	Pool Closed	Lap Swim/Open Swim 6:00-8:30am (all lanes)	Lap Swim/Open Swim 6:00-8:30am (all lanes)	Lap Swim/Open Swim 6:00-8:30am (all lanes)	Lap Swim/Open Swim 6:00-11:30am (all lanes)	Lap Swim/Open Swim 6:00-11:30am (all lanes)	Pool Closed			
6:30am							Lap Swim/Open Swim 7:30-9:00am (all lanes)			
7:00am										
7:30am							Swim Lessons 9:00am-10:00am (limited lap lanes available)			
8:00am		H2O Deep/Lap Swim 8:30-9:30am (Up to 3x lanes available for Lap Swim)	H2O Deep/Lap Swim 8:30-9:30am (Up to 3x lanes available for Lap Swim)	H2O Deep/Lap Swim 8:30-9:30am (Up to 3x lanes available for Lap Swim)						
8:30am				Lap Swim/Open Swim 12:00-5:30pm (all lanes)						
9:00am		Lap Swim/Open Swim 9:30-11:30am (all lanes)	Lap Swim/Open Swim 9:30-11:30am (all lanes)				Lap Swim/Open Swim 9:30-11:30am (all lanes)			
9:30am										
10:00am		H2O Splash 11:30am-12:30pm (Up to 2x lanes available for Lap swim)	Rockin' the Waves 11:30am-12:30pm (Up to 2x lanes available for Lap swim)		H2O Splash 11:30am-12:30pm (Up to 2x lanes available for Lap swim)	Rockin' the Waves 11:30am-12:30pm (Up to 2x lanes available for Lap swim)	H2O Splash 11:30am-12:30pm (Up to 2x lanes available for Lap swim)			
10:30am										
11:00am	Lap Swim/Open Swim 12:30-4:00pm (all lanes)	Lap Swim/Open Swim 12:30-4:00pm (all lanes)	Lap Swim/Open Swim 12:30-4:00pm (all lanes)		Lap Swim/Open Swim 12:30-4:00pm (all lanes)	Lap Swim/Open Swim 12:30-4:00pm (all lanes)				
11:30am										
12:00pm										
12:30pm										
1:00pm										
1:30pm										
2:00pm										
2:30pm										
3:00pm	Swim Team Practice/Lap Swim 4:00-6:00pm (1x lane available for Lap Swim)	Swim Team Practice/Lap Swim 4:00-6:00pm (1x lane available for Lap Swim)	Swim Team Practice/Lap Swim 4:00-6:00pm (1x lane available for Lap Swim)		Swim Team Practice/Lap Swim 4:00-6:00pm (1x lane available for Lap Swim)	Swim Team Practice/Lap Swim 4:00-6:00pm (1x lane available for Lap Swim)				
3:30pm										
4:00pm	Pool Closed	Lap Swim/Open Swim @ 6-7pm	Lap Swim/Open Swim 6:00-8:30pm (all lanes)		Lap Swim/Open Swim @ 6-7pm	Lap Swim/Open Swim 6:00-8:30pm (all lanes)				
4:30pm										
5:00pm										
5:30pm		Water Fitness/Lap Swim 7:00-8:00pm (3x lanes open for Lap Swim)			Water Fitness/Lap Swim 7:00-8:00pm (3x lanes open for Lap Swim)					
6:00pm										
6:30pm		Pool Closed		Lap Swim/Open Swim @ 8-8:30pm		Lap Swim/Open Swim @ 8-8:30pm		Pool Closed		
7:00pm										
7:30pm										
8:00pm										
8:30pm										

\*Lane availability changes depending on user load and program/activities (ie. private swim lessons, facility rentals, etc.)

\*Open Swim is limited or unavailable during specified program times

\*Short-Course Swim Team Practice begins on Monday, 8/18/25

\*Outdoor Pool Hours (8/14 - 8/31) - Monday-Friday @ 4:00-8:00pm, Saturday @ 11:00am-6:30pm, Sunday @ 12:00pm-7:00pm

\*Additional lap lanes provided at Outdoor Pool during weekday evening hours