

Lakota Family YMCA
Indoor Pool Schedule
Christmas Break

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Hours	12pm-5:30pm	6am-8:30pm	6am-8:30pm	6am-8:30pm	6am-8:30pm	6am-8:30pm	7:30am-6:30pm
6:00am		No Programs 6:00-10:00am (All Lanes Available)	No Programs 6:00-10:00am (All Lanes Available)	No Programs 6:00-10:00am (All Lanes Available)	No Programs 6:00-10:00am (All Lanes Available)	No Programs 6:00-10:00am (All Lanes Available)	
6:30am							
7:00am							
7:30am							
8:00am							
8:30am		Deep H2O 8:30-9:30am (3 Lanes)	Deep H2O 8:30-9:30am (3 Lanes)	Deep H2O 8:30-9:30am (3 Lanes)			
9:00am							
9:30am		All Lanes Available	All Lanes Available	All Lanes Available			
10:00am		School's Out Swim 10:00-11:00am (3-4 lanes Available)	School's Out Swim 10:00-11:00am (3-4 lanes Available)	School's Out Swim 10:00-11:00am (3-4 lanes Available)	School's Out Swim 10:00-11:00am (3-4 lanes Available)	School's Out Swim 10:00-11:00am (3-4 lanes Available)	
10:30am							
11:00am	Silver Splash 11:30am-12:30pm (1 Lane Available)	Rocking the Waves 11:30am-12:30pm (1 Lane Available)	Silver Splash 11:30am-12:30pm (1 Lane Available)	Rocking the Waves 11:30am-12:30pm (1 Lane Available)	Silver Splash 11:30am-12:30pm (1 Lane Available)		
11:30am	No Programs 12:00-5:30pm (All Lanes Available)	No Programs 12:30-8:30pm (All Lanes Available)	No Programs 12:30-8:30pm (All Lanes Available)	No Programs 12:30-8:30pm (All Lanes Available)	No Programs 12:30-8:30pm (All Lanes Available)	No Programs 12:30-8:30pm (All Lanes Available)	No Programs 7:30am-6:30pm (All Lanes Available)
12:00pm							
12:30pm							
1:00pm							
1:30pm							
2:00pm							
2:30pm							
3:00pm							
3:30pm							
4:00pm							
4:30pm	Pool Closed		Water Fitness/Lap Swim @7:00-8:30pm (2/4 lanes)	Water Fitness/Lap Swim @7:00-8:30pm (2/4 lanes)		Pool Closed	
5:00pm							
5:30pm							
6:00pm							
6:30pm							
7:00pm							
7:30pm							
8:00pm							
8:30pm							

*Schedule is subject to change

*Lakota Family YMCA is closed on Christmas Day (12/25/25); please see our website for specific holiday operating hours

*Lakota East/West Circuit Practice takes place on Wednesday (12/31/25) @ 8:00-9:30am