

Lakota Family YMCA
Indoor Pool - Program Schedule
Summer Season (June-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 6:00-9:00am (all lanes)	Lap Swim/Open Swim 6:00-11:45am (all lanes)	Pool Closed					
6:30am												
7:00am												
7:30am												
8:00am												
8:30am		H2O Deep/Swim Lessons/Lap Swim 8:30-9:30am	H2O Deep/Swim Lessons/Lap Swim 8:30-9:30am	H2O Deep/Swim Lessons/Lap Swim 8:30-9:30am	Swim Lessons/Lap Swim 9:00-11:30am (Up to 2x lanes available for lap swim)							
9:00am												
9:30am		Swim Lessons/Lap Swim 9:30-11:30am (Up to 2x lanes available for lap swim)	Swim Lessons/Lap Swim 9:30-11:30am (Up to 2x lanes available for lap swim)	Swim Lessons/Lap Swim 9:30-11:30am (Up to 2x lanes available for lap swim)								
10:00am		Lap Swim/Open Swim 12:00-5:30pm (all lanes)	Lap Swim/Open Swim 12:45-5:00pm (all lanes)	Lap Swim/Open Swim 12:45-8:30pm (all lanes)	Lap Swim/Open Swim 12:45-5:00pm (all lanes)			Lap Swim/Open Swim 12:45-5:30pm (all lanes)	Lap Swim/Open Swim 12:45-8:30pm (all lanes)	Lap Swim/Open Swim 12:00-6:30pm (all lanes)		
10:30am												
11:00am	Program Set-Up (11:30a-12p)					Program Set-Up (11:30a-12p)	Program Set-Up (11:30a-12p)				Program Set-Up (11:30a-12p)	
11:30am	H2O Splash 11:45am-12:45pm (Up to 2x lanes available for Lap swim)					Rocking the Waves 11:45am-12:45pm (Up to 2x lanes available for Lap swim)	H2O Splash 11:45am-12:45pm (Up to 2x lanes available for Lap swim)				Rocking the Waves 11:45am-12:45pm (Up to 2x lanes available for Lap swim)	H2O Splash 11:45am-12:45pm (Up to 2x lanes available for Lap swim)
12:00pm												
12:30pm												
1:00pm												
1:30pm												
2:00pm												
2:30pm												
3:00pm												
3:30pm												
4:00pm												
4:30pm												
5:00pm	Pool Closed	Swim Team Practice/Swim Lessons 5:00-7:30pm Lap Swim + Open Swim are not available during this time. Lap Swim available at Outdoor Pool from 4:00-8:00pm.	Lap Swim/Open Swim 12:45-8:30pm (all lanes)	Swim Team Practice/Swim Lessons 5:00-7:30pm Lap Swim + Open Swim are not available during this time. Lap Swim available at Outdoor Pool from 4:00-8:00pm.	Swim Team Practice/Lap Swim 5:00-7:30pm Open Swim not available during this time.	Lap Swim/Open Swim 12:45-8:30pm (all lanes)						
5:30pm												
6:00pm												
6:30pm												
7:00pm												
7:30pm		Lap Swim/Open Swim 7:30-8:30pm (all lanes)		Lap Swim/Open Swim 7:30-8:30pm (all lanes)	Lap Swim/Open Swim 7:30-8:30pm (all lanes)							
8:00pm												
8:30pm												

*Schedule is subject to change daily

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

*Summer swim Lessons take place between 6/1/26 - 6/27/26 and between 7/13/26 - 8/8/26

*Outdoor Pool closes at 4:00pm on the following Tuesdays: 6/16/26, 6/23/26, 6/30/26