

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									
7:00am									
7:30am									
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)			Lap Swim/Open Swim 7:30-9:00am (all lanes)		
8:30am									
9:00am									
9:30am							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)
10:00am									
10:30am									
11:00am	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)				
11:30am									
12:00pm									
12:30pm									
1:00pm	Lap Swim/Open Swim 12:00-5:30pm (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)	Lap Swim/Open Swim 12:30-4:00pm (all lanes)	Lap Swim/Open Swim 10:00am-6:30pm (all lanes) 7:30am-6:30pm (after 8/8)		
1:30pm									
2:00pm									
2:30pm									
3:00pm		Swim Team Practice/Lap Swim 4:30-6:00pm (1x lane available for Lap Swim)	Swim Team Practice/Lap Swim 4:30-6:00pm (1x lane available for Lap Swim)	Swim Team Practice/Lap Swim 4:30-6:00pm (1x lane available for Lap Swim)	Swim Team Practice/Lap Swim 4:30-6:00pm (1x lane available for Lap Swim)	Swim Team Practice/Lap Swim 4:30-6:00pm (1x lane available for Lap Swim)			
3:30pm									
4:00pm									
4:30pm									
5:00pm		Pool Closed	Lap Swim/Open Swim 6:00-8:30pm (all lanes)	Lap Swim/Open Swim 6:00-8:30pm (all lanes)	Lap Swim/Open Swim 6:00-8:30pm (all lanes)	Lap Swim/Open Swim 6:00-8:30pm (all lanes)		Lap Swim/Open Swim 6:00-8:30pm (all lanes)	Pool Closed
5:30pm									
6:00pm									
6:30pm									
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**

***Summer Swim Lessons end on Saturday, 8/8/26**

***Short-Course Swim Team Practice begins on Monday, 8/17/25 @ Indoor Pool**

***Outdoor Pool Hours (8/17 - 9/7) - 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*