POOL SCHEDULE

Cambridge YMCA

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Effective November 2026

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 – 6:30am							
6:30 – 7:00am	**Lap Swim** 6:15 – 10:00am (3)	**Lap Swim** 6:15 – 8:30am (3)	**Lap Swim** 6:15 – 10:00am (3)	**Lap Swim** 6:15 – 8:30am (3)	**Lap Swim** 6:15 – 10:00am (3)	**Lap Swim** 7:00 – 9:00am (3)	**Lap Swim** 7:00 – 9:00am (3)
7:00 – 7:30am							
7:30 – 8:00am							
8:00 – 8:30am							
8:30 – 9:00am		**Aqua Aerobics** 8:30 – 9:15am 9:30 – 10:15am		**Aqua Aerobics** 8:30 – 9:15am 9:30 – 10:15am		**Swim Lessons** 9:00 – 12:30pm	**Swim Lessons** 9:00 – 1:30pm
9:00 – 9:30am							
9:30 – 10:00am							
10:00 – 10:30am	**Rec Swim** Lap Swim (1) 10:00 – 11:00am		**Preschool Swim** 10:00 – 12:00pm		**Rec Swim** Lap Swim (1) 10:00 – 11:00am		
10:30 – 11:00am						**Lap Swim** 12:30 – 2:30pm (3)	
11:00 – 11:30am	**Lap Swim** 11:00 – 1:00pm (3) 1:00 – 3:30pm (2)	**Lap Swim** 10:30 – 1:00pm (3) 1:00 – 4:00pm (2)		**Lap Swim** 10:30 – 1:00pm (3) 1:00 – 4:00pm (2)	**Lap Swim** 11:00 – 1:00pm (3) 1:00 – 3:30pm (2) 3:30 – 4:30pm (3)		**Lap Swim** 1:30 – 2:30pm (3)
11:30 – 12:00pm			**Lap Swim** 12:00 – 3:30 (2)				
12:00 – 12:30pm							
12:30 – 1:00pm						**Rec Swim** Lap Swim (1) 2:30 – 3:45pm	**Rec Swim** Lap Swim (1) 2:30 – 3:45pm
1:00 – 1:30pm							
1:30 – 2:00pm							
2:00 – 2:30pm							
2:30 – 3:00pm							
3:00 – 3:30pm							
3:30 – 4:00pm	**After School Swim** 3:30 – 5:30pm		**After School Swim** 3:30 – 5:30pm	**After School Swim** 4:00 – 5:00pm	**After School Swim** 4:30 – 5:30pm		
4:00 – 4:30pm		**Swim Lessons** 4:00 – 6:00pm					
4:30 – 5:00pm							
5:00 – 5:30pm				**Swim Lessons** 5:00 – 6:00pm			
5:30 – 6:00pm	**Lap Swim** 5:30 – 7:30pm (2)		**Lap Swim** 5:30 – 7:30pm (2)		**Swim Lessons** Lap Swim (1) 5:30 – 7:45pm		
6:00 – 6:30pm		**Lap Swim** 6:00 – 7:30pm (2)		**Lap Swim** 6:00 – 7:30pm (2)			
6:30 – 7:00pm							
7:00 – 7:30pm							
7:30 – 8:00pm	**Swim Lessons** Lap Swim (1) 7:30 – 8:45pm	**Swim Lessons** Lap Swim (1) 7:30 – 8:45pm	**Swim Lessons** Lap Swim (1) 7:30 – 8:45pm	**Swim Lessons** Lap Swim (1) 7:30 – 8:45pm			
8:00 – 8:30pm							
8:30 – 9:00pm							

Pool Key

Lap Swim: Number of lanes open indicated by (). 3 swimmers max per lane, 30 min limit when lanes are full.

Rec Swim: Reserved for swimmers exercising in shallow end & family swim.

Preschool & After School Swim: Reserved for Childcare, closed to members.

Swim Lessons: Reserved for Y Programming, closed to members unless open lap lane indicated.