

# Pool Schedule

Fall 2025

SUN	MON	TUE	WED	THU	FRI
<b>7-8 AM</b> Lap Swim Only	<b>5:30-9 AM</b> Lap Swim Only	<b>5:30-9 AM</b> Lap Swim Only	<b>5:30-9 AM</b> Lap Swim Only	<b>5:30-9 AM</b> Lap Swim Only	<b>5:30-9 AM</b> Lap Swim Only
<b>8-8:45 AM</b> Lap Swim & Limited Open Swim	<b>9 AM-12:00 PM</b> Lap & Open Swim	<b>9 AM-3:30 PM</b> Lap & Open Swim	<b>9 AM-1:30 PM</b> Lap & Open Swim	<b>9 AM-4:00 PM</b> Lap & Open Swim	<b>9 AM-1:30 PM</b> Lap & Open Swim
<b>8:45 AM-2:30 PM</b> Closed for Swim Lessons	<b>12:00-1:00 PM</b> Lap Swim	<b>3:30-4:45 PM</b> Limited Open Swim & Group Lessons	<b>1:30-2:30 PM</b> New Beginnings Swim	<b>4:00-5:15 PM</b> Limited Open Swim & Group Lessons	<b>1:30-2:30 PM</b> Lap Swim
<b>2:30-4:15 PM</b> Lap & Open Swim	<b>12:15-1:00 PM</b> Aqua Fitness	<b>4:45-6:00 PM</b> Lap Swim & Swim Team	<b>2:30-3:30 PM</b> Lap & Open Swim	<b>5:15-6:00 PM</b> Lap Swim & Swim Team	<b>1:30-2:15 PM</b> Aqua Fitness
<b>4:30 PM-5:45 PM</b> Women Only Swim	<b>1:00-3:30 PM</b> Lap & Open Swim	<b>6:00-7:00 PM</b> Swim Team Only	<b>3:30-4:45 PM</b> Limited Open Swim & Group Lessons	<b>6:00-7:00 PM</b> Swim Team Only	<b>2:30-6:00 PM</b> Lap & Open Swim
	<b>3:30-5:15 PM</b> Limited Open Swim & Group Lessons	<b>7:30-8:45 PM</b> Lap & Open Swim	<b>4:45-6:00 PM</b> Lap Swim & Swim Team	<b>7:30-8:45 PM</b> Lap & Open Swim	
	<b>5:15-6:00 PM</b> Lap Swim & Swim Team		<b>6:00-7:00 PM</b> Swim Team Only		
	<b>6:00-7:00 PM</b> Swim Team Only		<b>7:30-8:45 PM</b> Lap & Open Swim		
	<b>7:30-8:45 PM</b> Lap & Open Swim				

\* DURING SWIM TEAM PRACTICE MONDAY TO THURSDAY 5:15PM TO 7:30PM, ONLY ONE LAP LANE MAY BE AVAILABLE DURING SELECT TIMES

\*\* SUBJECT TO CHANGE. PLEASE REFER TO THE RIVERDALE Y APP FOR THE MOST UP-TO-DATE SCHEDULE & TO MAKE YOUR RESERVATION.