



Clark Memorial YMCA Winter Pool Schedule 2025



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	5:30-8:00 Lap Swim	5:30-8:30	5:30-8:00 Lap Swim	5:30-8:30	5:30-8:00 Lap Swim	
	8:00-8:45 Aqua Zumba	Lap Swim	8:00-8:45 Aqua Zumba	Lap Swim	8:00-8:45 Aqua Zumba	
8:30-11:30 Lap Swim	8:45-9:30 Aqua	8:30-9:30 Water Walking/	8:45-9:30 Aqua	8:30-9:30 Water Walking/	8:45-9:30 Aqua	8:30-11:00 Lessons/
11:30-12:30 Macenic Swim 3 Lanes Lap	Zumba	2 Lanes Lap	Zumba	2 Lanes Lap	Zumba	1 Lane Lap
12:30-1:30 Family Swim	10:00-2:00 Adult Lap Swim	10:00-11:00 Lessons/ 3 Lanes Lap 11:00- 2:00 Adult Lap Swim	10:00-2:00 Adult Lap Swim	10:00-2:00 Adult Lap Swim	10:00-2:00 Adult Lap Swim	11:00- 12:00 Lap Swim 12:30-1:30 Family Swim
	3:30-4:30 Conant Swim 3 Lanes Family Swim	3:30-4:30 Family Swim	3:30-4:30 Conant Swim 3 Lanes Family Swim	3:30-4:30 Family Swim	3:30-4:30 Family Swim	
	4:30-6:30 Lessons	4:30-5:30 Swim Team	4:30-6:30 Lessons/ 3 Lanes Lap	4:30-5:30 Swim Team	4:30-5:30 Swim Team	
	6:30-7:30 Swim Team	5:30-7:30 Lessons/ 3 Lanes Lap	6:30-7:30 Swim Team	5:30-7:30 Lessons/ 3 Lanes Lap	5:30-7:00 Lap Swim	
	7:30-8:30 Swim Team/ 2 Lanes Lap Swim	7:30-8:30 Macenic Swim 3 Lanes Lap Swim	7:30-8:30 Swim Team/ 2 Lanes Lap Swim	7:30-8:30 Macenic Swim 3 Lanes Lap Swim	7:00-8:30 Family Swim	

Jan 5- Feb 15

Schedule subject to change. Check website for most up to date information.

