



## RYAN YMCA OUTDOOR LAP POOL SCHEDULE

Effective 5/3/2026

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 AM		Lap Swim (6)	Lap Swim (6)	5:30-6:30AM Coached Lap Swim (3) Lap Swim (3)	Lap Swim (6)	Lap Swim (6)	Facility opens at 7:00AM Lap Swim (6)
6:00 PM							
7:00 AM							
8:00 AM	Facility opens 8:00AM Lap Swim (6)	9:00-10:00AM Synchronized Swim (3) Lap Swim (3)	Lap Swim (6)	9:30-12:10PM Ocean Beach Elementary Swim (2 + Shallow) Lap Swim (4 until 10:15AM) 10:00-11:00AM Aqua Fit (3) Lap Swim (1 until 11:00AM, then 4 until 12:10PM)	Lap Swim (6)	Lap Swim (6)	8:20-12:40PM Lap Swim (4)
9:00 AM							
10:00 AM	9:30-1:30PM Lap Swim (5)						
11:00 AM	Lap Swim (6) Pool Closes 2:45PM Facility closes 3:00PM	Lap Swim (6)	Lap Swim (6)	12:10PM Lap Swim (6)	Lap Swim (6)	11:15-12:15PM Synchronized Swim (3) Lap Swim (3) 12:15-2:25PM Lap Swim (6)	Lap Swim (5)
12:00 PM							
1:00 PM							
2:00 PM		Lap Swim (5)	Lap Swim (5)	Lap Swim (5)	Lap Swim (5)	Lap Swim (5) 2:25-3:45PM (5) 3:15-4:30PM (1) 4:30-7:00PM (0) 7:00-7:30PM (1)	Pool closes 2:45PM Facility closes 5:00PM
3:00 PM							
4:00 PM		Lap Swim 2:25-3:45PM (4) 3:45-4:30PM (1) 4:30-7:15PM (0) 7:15-7:30PM (2)	Lap Swim 2:25-3:45PM (5) 3:15-4:30PM (1) 4:30-7:00PM (0) 7:00-7:30PM (1)	Lap Swim 2:25-3:15PM (5) 3:15-3:45PM (3) 3:45-7:30PM (1)			
5:00 PM		7:30-8:45PM Lap Swim (6)	7:30-8:45PM Lap Swim (6)	7:30-8:45PM Lap Swim (6)	7:30-8:45PM Lap Swim (6)	7:00-8:45PM Lap Swim (6)	
6:00 PM							
8:00 PM							
8:45 PM		Lap Swim (6)	Lap Swim (6)	Lap Swim (6)	Lap Swim (6)	Lap Swim (6)	

Number in the (parenthesis) indicates the number of lanes available. Questions about the schedule? Please contact Aquatics Director Andi by email [akeliinoi@ymcasd.org](mailto:akeliinoi@ymcasd.org)  
 All children under 4ft must have a parent within arms reach at all times. Swim Tests are required for lap swim/deep end. Swim Tests available for those under 4ft wishing to swim in the shallow end without a PFD. Family swim is available at all times, space is subject to availability based on programming. Recommended times: MON-THURS 5:30-4:00PM, after 6:00PM, FRI after 5:00PM, SAT & SUN all day.