



POOL SCHEDULE



LAP SWIM

SUNDAY

7:00am - 3:00pm

MONDAY

7:00am - 8:00pm

TUESDAY

7:00am - 8:00pm

WEDNESDAY

7:00am - 8:00pm

THURSDAY

7:00am - 8:00pm

FRIDAY

7:00am - 8:00pm

SATURDAY

7:00am - 3:00pm

Lane Reservations

Reservations are required for the 7 am, 8 am and 9 am lap swim sessions. Reservations are for 45 minutes and can be made up to 72 hours in advance. Reservations can be made on our YMCA of the Treasure Coast app or on our website at:
www.ymcatreasurecoat.org

100- Mile Swim Challenge

Swim 100 miles throughout 2021 at the Y pool! Track your progress on our banner by the pool.

Lap Lengths

The Y pool is 25 yards
70.4 lengths (35.2 laps) = 1 mile

FAMILY SWIM*

SUNDAY

1:00pm - 3:00pm

MONDAY

3:00pm - 8:00pm

TUESDAY

3:00pm - 8:00pm

WEDNESDAY

3:00pm - 8:00pm

THURSDAY

3:00pm - 8:00pm

FRIDAY

3:00pm - 8:00pm

SATURDAY

1:00pm - 3:00pm

*Kiddie pool is not included in the family swim times.

KIDDIE POOL*

Sunday

1:00am - 3:00pm

Monday

9:00am - 1:00pm

Tuesday

9:00am - 1:00pm

Wednesday

9:00am - 1:00pm

Thursday

9:00am - 1:00pm

Friday

9:00am - 1:00pm

SATURDAY

1:00pm - 3:00pm

*Family swim is not included in the times the kiddie pool is open.

WATER FITNESS

MONDAY Aqua Fitness

10:00am - 10:45am

TUESDAY Aqua Fitness

10:00am - 10:45am

ADDITIONAL INFO

Private Swimming Lessons

The Y offers private swimming lessons tailored to individual needs and abilities. *(Information available at the front desk.)*

Swimming Lessons

The Y offers swimming lessons for ages 6 months to adults. *(Information available at the front desk.)*

Wahoos Swim Club

Tuesday and Thursday
4:30pm - 5:30pm

Adult Swim Club

Tuesday and Thursday
8:00am - 9:00am

Pool Rules

- All swimmers are subject to a swim test before entering the pool. (Please see a lifeguard.)
- An adult must accompany children under the age of eight.
- A parent must accompany children who cannot swim or pass the swim test into the pool.
- Only Coast Guard approved flotation devices are allowed in the pool.

UPDATED MAY 2021