



GRAND ISLAND YMCA POOL SCHEDULE – FALL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
LAP SWIM 5:30-6:45 AM (6) 6:45-9:00 AM (2)	LAP SWIM 5:30-6:45 AM (6) 6:45-9:00 AM (2)	LAP SWIM 5:30-6:45 AM (6) 6:45-9:00 AM (2)	LAP SWIM 5:30-6:45 AM (6) 6:45-9:00 AM (2)	LAP SWIM 5:30-6:45 AM (6) 6:45-9:00 AM (2)		
SPECIALTY SWIM 6:45-7:45 AM (4)	SHALLOW WATER 7:00-8:00 AM (4)	SHALLOW WATER 7:00-8:00 AM (4)	SPECIALTY SWIM 6:45-7:45 AM (4)	SPECIALTY SWIM 6:45-7:45 AM (4)	LAP SWIM 7:30-9 AM (4)	
SHALLOW WATER 8:00-9:00 AM (4)	SHALLOW WATER 8:00-9:00 AM (4)	AQUA ZUMBA 8:00-9:00 AM (4)	SHALLOW WATER 8:00-9:00 AM (4)	DEEP WATER 8:00-9:00 AM (4)	SPECIALTY SWIM 7:30-9 AM (2)	
OPEN SWIM 9-10:30 AM (3)	OPEN SWIM 9-10:30 AM (3)	OPEN SWIM 9-10:30 AM (3)	OPEN SWIM 9-10:30 AM (3)	SHALLOW WATER 9:00-10:00 AM (4)	SWIM LESSONS 9-11:00 AM (6)	
LAP SWIM 9-11:30 AM (3)	LAP SWIM 9-11:30 AM (3)	LAP SWIM 9-11:30 AM (3)	LAP SWIM 9-11:30 AM (3)	OPEN SWIM 10-11:30 AM (6)	LAP SWIM 11-3:30 PM (2)	
ARTHRITIS EXERCISE 10:30-11:30 AM (3)	ARTHRITIS EXERCISE 10:30-11:30 AM (3)	ARTHRITIS EXERCISE 10:30-11:30 AM (3)	ARTHRITIS EXERCISE 10:30-11:30 AM (3)		SPECIALTY SWIM 11-12:30 PM (4)	
LAP SWIM 11:30 AM - 1 PM (6)	LAP SWIM 11:30 AM - 1 PM (6)	LAP SWIM 11:30 AM - 1 PM (6)	LAP SWIM 11:30 AM - 1 PM (6)	LAP SWIM 11:30 AM - 1 PM (6)	OPEN SWIM 12:30 - 3:30 PM (4)	LAP SWIM 1:30 - 3:30 PM 2 LANES
SPECIALTY SWIM 1 - 2 PM (4)	SPECIALTY SWIM 1 - 2 PM (4)	SPECIALTY SWIM 1 - 2 PM (4)	SPECIALTY SWIM 1 - 2 PM (4)	SPECIALTY SWIM 1 - 2 PM (4)		
LAP SWIM 1 - 2 PM (2)	LAP SWIM 1 - 2 PM (2)	LAP SWIM 1 - 2 PM (2)	LAP SWIM 1 - 2 PM (2)	LAP SWIM 1 - 2 PM (2)		OPEN SWIM 1:30 - 3:30 PM 4 LANES
OPEN SWIM 2 - 4:00 PM (3)	OPEN SWIM 2 - 4:00 PM (3)	OPEN SWIM 2 - 4:00 PM (3)	OPEN SWIM 2 - 4:00 PM (3)	OPEN SWIM 2 - 4:00 PM (3)		
LAP SWIM 2 - 5:30 PM (3)	LAP SWIM 2 - 5:30 PM (3)	LAP SWIM 2 - 5:30 PM (3)	LAP SWIM 2 - 5:30 PM (3)	LAP SWIM 2 - 5:30 PM (3)		
Swim Team 4:00-6:45 PM (3)	Swim Team 4:00-6:45 PM (3)	Swim Team 4:00-6:45 PM (3)	Swim Team 4:00-6:45 PM (3)	Swim Team 4:00-6:45 PM (3)		
SWIM LESSONS 5:30-7:30 PM (3)	OPEN SWIM 5:30 - 8 PM (3)	OPEN SWIM 5:30 - 8 PM (3)	SWIM LESSONS 5:30-7:30 PM (3)	OPEN SWIM 5:30 - 8 PM (3)		
DEEP WATER 7 - 8 PM (4)	LAP SWIM 7 - 8 PM (3)	LAP SWIM 7 - 8 PM (3)	DEEP WATER 7 - 8 PM (4)	LAP SWIM 7 - 8 PM (2)		

	Lap Swim
	Water Fitness
	Specialty (Senior/Special Needs/Water Walk)
	Swim Lessons
	Open Swim
	Swim Team

inside () indicates # of lanes available

- Schedule may change due to weather, special events, etc.
- Stay up to date by checking our facebook page and/or app.
- QUESTIONS? Please email Brooke at brookef@giymca.org
- Need a place for a birthday party? Please email Teresa at theresas@giymca.org



Effective: Sept. 21, 2026