



GRAND ISLAND YMCA POOL SCHEDULE

March 1 - May 25, 2026

Children 8 and Under must wear lifejacket and have adult with them. Must pass swim test for 12 ft

KEY: * = 6 lanes

No lap and open swim Monday and Thursday Nights 5:00-7:00 pm

	Lap Swim (There is always two lanes designated)	Open Swim	Water Aerobics	Swim Lessons	Swim Team	Adult, Senior, & Special Needs Swim
MON	6:00 am - 3:45 pm	2:00 - 3:45 pm	8:00 - 9:00 am Water Fitness 10:30 - 11:30 am Arthritis Aquatic 7:00 - 8:00pm Water Fitness	9:00 - 10:30 am 5:30 - 7:00 pm	3:30 - 5:30 pm 5:30 - 6:30 pm	6:30 - 7:30 am 1:00 - 2:00 pm
TUE	*6:00am-7:30pm *11:30-1:00 pm	2:00 - 3:45 pm 5:30 - 8:00 pm	8:00 - 9:00 am Water Fitness 10:30 - 11:30 am Arthritis Aquatic	9:00 - 10:30 am	5:00 - 6:30 am 3:30 - 5:30 pm 5:30 - 6:30 pm	6:30 - 7:30 am 1:00 - 2:00 pm
WED	*5:30 7:30 am *11:30-1:00 pm	2:00 - 3:45 pm 5:30 - 8:00 pm	7:00 - 8:00 am Water Fitness 8:00 - 9:00 am Water Zumba Fitness 10:30 - 11:30 am Arthritis Aquatic	9:00 - 10:30 am	3:30 - 5:30 pm 5:30 - 6:30 pm	1:00 - 2:00 pm
THU	*6:00am-7 :30pm *11:30-1:00 pm	2:00 - 3:45 pm	8:00 - 9:00 am Water Fitness 10:30 - 11:30 am Arthritis Aquatic 7:00 - 8:00 pm Water Fitness	9:00 - 10:00 am 5:30 - 7:00 pm	5:00 - 6:30 am 3:30 - 5:30 pm 5:30 - 6:30 pm	6:30 - 7:30 am 1:00 - 2:00 pm
FRI	*5:30 7:30 am *11:30-1:00 pm	2:00 - 3:45 pm 5:30 - 8:00 pm	8:00 - 9:00 am Deep Water Fitness 9:00 - 10:00 am Water Fitness		5:30 - 6:30 pm	6:30 - 7:30 am 1:00 - 2:00 pm
SAT	*7:30 - 9:00 am	12:30 - 3:30 pm		9:00 11:00 am		
SUN	1:30 - 3:30 pm	1:30 - 3:30 pm				

NEED A PLACE FOR A BIRTHDAY PARTY?

QUESTIONS: Please call Jane Earnest, Aquatics Director at 308-395-9622 ext 209

Let the YMCA host your special event. Rent out the pool or gym with our Multi-purpose room for food, cake, and other games! Call Teresa Sinner at 308-395-9622 to book your next party!

WATER WALKING: Get moving and start walking! Water walking is available anytime we have LAP, OPEN, OR SENIOR/SPECIAL NEEDS TIME on schedule