

## RECREATIONAL SWIM HOURS

**Tuesday & Thursday**  
10:30a-1p (Small)

### Friday

4p-6:45p (Small)  
4p-7:45p (Large)

### Saturday

12p-5:30p (Small/Large)

### Sunday

12:15p-5:30p  
(Small/Large)

## HAVE YOU BEEN SWIM TESTED?

During recreational swim times, all children under age 13 must wear their swim neckband or have a swim test. A passing score and colored neckband assignment are determined by Aquatic Staff only.

All tested children and their swimming ability must be instantly recognizable by the lifeguard on duty. Therefore, all children will wear a neckband indicating in which section of the pool they may swim, i.e., green can swim in any water depth, blue can swim in up to 4.5 ft., etc.



# DOWNTOWN POOL SUMMER 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>5:15a-8a</b> Lap Swim (5 lanes)	<b>5:15a-8:30a</b> Lap Swim (5 lanes)	<b>5:15a-8a</b> Lap Swim (5 lanes)	<b>5:15a-8:30a</b> Lap Swim (5 lanes)	<b>5:15a-8a</b> Lap Swim (5 lanes)	<b>7:15a-8:30a</b> Lap Swim (5 lanes)
<b>8a-9a</b> Total Fit-Large Lap Swim (2-3 lanes)	<b>8:30a-9:30a</b> Total Fit-Large Lap Swim (2-3 lanes)	<b>8a-9a</b> Total Fit-Large Lap Swim (2-3 Lanes)	<b>8:30a-9:30a</b> Total Fit-Large Lap Swim(2-3 lanes)	<b>8a-9a</b> Total Fit-Large Lap Swim (2-3 Lanes)	<b>8:30a-9:30a</b> Total Fit- Large Lap Swim (3 lanes)
	<b>9:30a-11:00a</b> Lap Swim (5 lanes)		<b>9:30a-11:00a</b> Lap Swim (5 lanes)		<b>9a-11a</b> Swim Lessons(2-3lanes) Lap Swim(2-3 lanes)
<b>11a-12p</b> Lap Swim (4 lanes) Gentle Aqua-Small	<b>10:30a-1p</b> Rec swim-Small  <b>11a-12p</b> Deep Water-Large Lap Swim (1-2 lanes)	<b>11a-12p</b> Gentle Aqua-Small Lap Swim (4 lanes)	<b>10:30a-1p</b> Rec swim-Small  <b>11a-12p</b> Deep Water-Large Lap Swim(1-2 lanes)	<b>11a-12p</b> Gentle Aqua-Small Lap Swim (3-4 lanes)	<b>11a-5:30p</b> Lap Swim (3-4 lanes) Rec Swim-Both
<b>12p-1p</b> Total Fit-Large Lap Swim (3 lanes) <b>1p-2:30p</b> Lap Swim (3 lanes) Summer Camp(3 lanes)	<b>12p-1p</b> Lap Swim (6 lanes)	<b>12p-1p</b> Total Fit-Large Lap Swim (3 lanes) <b>1p-2:30p</b> Lap Swim (3 lanes) Summer Camp(3 lanes)	<b>12p-1p</b> Lap Swim (6 lanes)	<b>12p-1p</b> Total Fit-Large Lap Swim (3 lanes)	<b>SUNDAY</b>
<b>2:30p-4p</b> Lap Swim (4 lanes) Rec Swim large(2 lanes)	<b>1p-4p</b> Lap Swim (4 lanes) Rec Swim-Large (2 lanes)	<b>2:30p-4p</b> Lap Swim (4 lanes) Rec Swim large (2 lanes)	<b>1p-4p</b> Lap Swim (4 lanes) Rec Swim-Large (2 lanes)	<b>1p-4p</b> Lap Swim (5 lanes)	<b>12:15p-5:30p</b> Lap Swim (4 Lanes)  Rec Swim Large (2 lanes)
<b>4p-7p</b> Swim Lessons/Swim Team (3-5 lanes)	<b>4p-7p</b> Swim Lessons/Swim Team (3-5 lanes)	<b>4p-7p</b> Swim Lessons/Swim Team (3-5 lanes)	<b>4p-7p</b> Swim Lessons/Swim Team (3-5 lanes)	<b>4p-6:45p</b> Rec Swim (Small)	<b>12:15p-5:30p</b> Rec Swim Small
<b>4p-7:00p</b> Lap Swim (1-2 lanes)  <b>7p-8:00p</b> Lap Swim (4 lanes)	<b>4p-7:00p</b> Lap Swim (1-2 lanes)  <b>7p-8:00p</b> Lap Swim (5 lanes)	<b>4pm-7:00p</b> Lap Swim (1-2 lanes)  <b>7p-8:00p</b> Lap Swim (5 lanes)	<b>4p-7:00p</b> Lap Swim (1-2 lanes)  <b>7p-8:00p</b> Lap Swim (5 lanes)	<b>4p-7:45p</b> Rec Swim-Large(2 lanes) Lap Swim (4 lanes)	

This schedule is tentative and subject to change at the YMCA's discretions  
YMCA OF THE PIKES PEAK REGION  
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