



DOWNTOWN LARGE POOL SCHEDULE WINTER 2026

February 5 - April

MON	TUE	WED	THU	FRI	SAT
5:00a-8:15a Lap Swim (5 lanes)	5:00a-8:30a Lap Swim (5 lanes)	5:00a-8:15a Lap Swim (5 lanes)	5:00a-8:30a Lap Swim (5 lanes)	5:00a-8:15a Lap Swim (5 lanes)	7:15a-8:30a Lap Swim (5 lanes)
8:15a-9:15a Total Fitness Shallow Water(3-4 lanes) Lap Swim (2-3 lanes)	8:30a-9:30a Aqua Cardio/Core Conditioning (3-4 lanes) Lap Swim (2-3 lanes)	8:15a-9:15a Total Fitness Shallow (3-4 lanes) Lap Swim (2-3 lanes)	8:30a-9:30a Aqua Cardio/Core Conditioning (3-4 lanes) Lap Swim (2-3 lanes)	8:15a-9:15a Total Fitness Shallow (3-4 lanes) Lap Swim (2-3 lanes)	8:30a-9:30a Aqua Cardio/Core Conditioning (3 lanes) Swim Lessons (3 lanes)
9:15a-10:15a Total Fitness Shallow (3 lanes) Lap Swim (3 lanes)	9:30a-11a Lap Swim (5 lanes)	9:15a-10:15a Total Fitness Shallow (3 lanes) Lap Swim (3 lanes)	9:30a-11a Lap Swim (5 lanes)	9:15a-10:15a Total Fitness Shallow (3 lanes) Lap Swim (3 lanes)	9:30a-11:15a Swim Lessons (4 lanes) Lap Swim (2 lanes)
10:15a-12:00p Lap Swim (4 lanes) TRP (2 lanes)	11a-12p Total Fitness Deep (3 lanes) Lap Swim (3 lanes)	10:15a-12:00p Lap Swim (4 lanes) TRP (2 lanes)	11a-12p Total Fitness Deep (3 lanes) Lap Swim (3 lanes)	10:15a-11:15a Lap Swim (4 lanes) TRP (2 lanes)	11:15a-1:00p Lap Swim (4 lanes) Rec Swim (2 lanes)
12p-1p Total Fitness Shallow (3 lanes) Lap Swim (3 lanes)	12p-1p Lap Swim (6 lanes)	12p-1p Total Fitness Shallow (3 lanes) Lap Swim (3 lanes)	12p-1p Lap Swim (6 lanes)	11:15a-12p Lap Swim (4 lanes) Rec Swim (2 lanes)	1:00p-3:45p Lap Swim (2 lanes) Swim lessons (4 lanes)
1p-2:15p Master Swim Team (3 lanes) Lap Swim (3 lanes)	1p-4p Lap Swim (4 lanes) Rec Swim (2 lanes)	1p-2:15p Master Swim Team (3 lanes) Lap Swim (3 lanes)	1p-4p Lap Swim (4 lanes) Rec Swim (2 lanes)	12p-1p Lap Swim (3 lanes) Total Fitness Shallow (3 lanes)	3:45p-5:30p Lap Swim (4 lanes) Rec Swim (2 lanes)
2:15p-4p Lap Swim (4 lanes) Rec Swim (2 lanes)		2:15p-4p Lap Swim (4 lanes) Rec Swim (2 lanes)		1p-2:15p Master Swim Team (3 lanes) Lap Swim (3 lanes)	
4p-7p Swim Lessons & Swim Team (4 lanes) Lap Swim (2 lanes)	4p-7p Swim Team & Swim Lessons (4 lanes) Lap Swim (2 lanes)	4p-7p Swim Team & Swim Lessons (4 lanes) Lap Swim (2 lanes)	4p-7p Swim Team & Swim Lessons (4 lanes) Lap Swim (2 lanes)	2:15p-7:45p Lap Swim (4 lanes) Rec Swim (2 lanes)	Sunday.
7p-8:30p Lap Swim (4 lanes) Masters Team (2 lanes)	7p-8:30p Lap Swim (4 lanes) Rec Swim (2 lanes)	7p-8:30p Lap Swim (4 lanes) Masters Team (2 lanes)	7p-8:30p Lap Swim (4 lanes) Rec Swim (2 lanes)		12:15p-5:30p Lap Swim (4 lanes) Rec Swim (2 lanes)

Pool Hours:

Monday-Thursday: 5:00am-8:30pm

Friday: 5:00am-7:45pm

Saturday: 7:15am-5:30pm

Sunday: 12:15pm-5:30pm

YMCA OF THE PIKES PEAK REGION

This schedule is tentative and subject to change at the YMCA's discretion.

ppymca.org



DOWNTOWN SMALL POOL SCHEDULE WINTER 2026

MON	TUE	WED	THU	FRI	SAT
11a-12p Gentle Aqua	10:30a-1p Rec Swim	11a-12p Gentle Aqua	10:30-1p Rec Swim	11a-12p Gentle Aqua	9a-11a Swim Lessons
4p-7p Swim Lessons	4-7p Swim Lessons	4p-7p Swim Lessons	4p-7p Swim Lessons		11a-12:45p Rec Swim
4p-6:45p Rec Swim (half of the pool)	4p-6:45p Rec Swim (half of the Pool)	4p-6:45p Rec Swim (half of the pool)	4p-6:45p Rec Swim (half of the pool)	4p-6:45p Rec Swim	12:45p-4:15p Closed for an Aquatics Program
					4:15p-5:30p Rec Swim
	Sunday	12:15p-5:30p Rec Swim			

Have you been Swim Tested?

All children under age of 13 MUST wear a swim band while visiting any Pikes Peak YMCA pool. All tested children and their swimming ability must be instantly recognizable by the lifeguard on duty. Therefore, all children will wear the wrist band indicating in which section of the pool they may swim , i.e., green can swim in any water depth, yellow can swim in up to 4.5 feet of water.

Red Band: Under 48 inches Parent/caregiver must be with arm's reach of the child.

Yellow Band: 48 inches or over Parent/caregiver must be in the pool area

Green Band: No height requirement. Must pass the swim test:

1. Jump into pool tread water for 30 sec
2. Swim one length of the pool unassisted using a defined front crawl or breaststroke
3. perform a 10 second back float
4. pull self to an upright position and exit the pool

For more information please visit:

<https://ppymca.org/programs/youth/youth/swim-lessons/swim-guidelines/>

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