



# DOWNTOWN SMALL POOL SCHEDULE SUMMER 2026

MON	TUE	WED	THU	FRI	SAT
<u>11A-12P</u> Gentle Aqua Janet	<u>10:30a-1p</u> Rec Swim	<u>11a-12p</u> Gentle Aqua Janet	<u>10:30-1p</u> Rec Swim	<u>11a-12p</u> Gentle Aqua Janet	<u>9:00am - 11:10am</u> Swim Lessons Only
	<u>12:45p-2:45p</u> Closed for Daycamp		<u>12:45p-2:45p</u> Closed for Daycamp		<u>11a-12:45p</u> Rec Swim
<u>4p-7p</u> Swim lessons	<u>4p-7p</u> Swim Lessons	<u>4p-7p</u> Swim Lessons	<u>4p-7p</u> Swim Lessons		<u>12:45-4pm</u> Closed for Aquatics Program
<u>4p-6:45p</u> Rec Swim (half of the pool)	<u>4p-6:45p</u> Rec Swim (half of the pool)	<u>4p-6:45p</u> Rec Swim (half of the pool)	<u>4p-6:45p</u> Rec Swim (half of the pool)	<u>4p-6:45</u> Rec Swim	<b>SUN</b>
7pm small pool closes	7pm small pool closes	7pm small pool closes	7pm small pool closes		<u>12:15p-5:30p</u> Rec Swim

## Have you been Swim Tested?

All children under the 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 within 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 and 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 into an upright position and exit the pool

For more information please visit:

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

Please contact the front desk for more information



# DOWNTOWN LARGE POOL SCHEDULE

EFFECTIVE JUNE 1, 2026 - SUBJECT TO CHANGE BASED ON NEED & DISCRETION OF Y STAFF. LANES ARE FIRST COME FIRST SERVE.

MON	TUE	WED	THU	FRI	SAT
<u>5:00am - 8:15am</u> Lap Swim 6 Lanes	<u>5:00am - 8:30am</u> Lap Swim 6 Lanes	<u>5:00am - 8:15am</u> Lap Swim 6 Lanes	<u>5:00am - 8:30am</u> Lap Swim 6 Lanes	<u>5:00am - 8:15am</u> Lap Swim 6 Lanes	<u>7:15am - 8:30am</u> Lap Swim 6 Lanes
<u>8:15a-9:15a</u> Total Fitness Shallow Meghan	<u>8:30a-9:30a</u> Aqua Cardio/Core Yong	<u>8:15a-9:15a</u> Total Fitness Shallow Meghan	<u>8:30a-9:30a</u> Aqua Cardio/Core Yong	<u>8:15a-9:15a</u> Total Fitness Shallow Meghan	<u>8:00a-9:00a</u> Aqua Cardio/Core Yong
LapSwim (2-3 Lanes)	Lap Swim (2-3 Lanes)	LapSwim (2-3 Lanes)	Lap Swim (2-3 Lanes)	LapSwim (2-3 Lanes)	8:45-11:15 Swim Lessons (4 Lanes) Lap Swim 2 Lanes
<u>9:15a-10:15a</u> Total Fitness Shallow Meghan	<u>9:30a-11a</u> Lap Swim 6 Lanes	<u>9:15a-10:15a</u> Total Fitness Shallow Meghan	<u>9:30a-11a</u> Lap Swim 6 Lanes	<u>9:15a-10:15a</u> Total Fitness Shallow Meghan	11:15a-1p Lap Swim (4 Lanes) Rec Swim (2 Lanes)
LapSwim (2-3 Lanes)		LapSwim (2-3 Lanes)		LapSwim (2-3 Lanes)	
<u>10:15a-12:00p</u> Lap Swim (4Lanes) TRP (2 Lanes)	<u>11a-12p</u> Total Fitness Deep Lorrie Lap Swim (3 Lanes)	<u>10:15a-12:00p</u> Lap Swim (4Lanes) TRP (2 Lanes)	<u>11a-12p</u> Total Fitness Deep Lorrie Lap Swim (3 Lanes)	<u>10:15a-12:00p</u> Lap Swim (4Lanes) TRP (2 Lanes)	1:00p-3:45p Swim lessons (3 Lanes) Lap Swim (3 Lanes)
<u>12p-1p</u> Total Fitness Shallow Janet Lap Swim (3 Lanes)	<u>12p-12:45p</u> Daycamp swim lessons (1 Lane) Lap Swim (5 Lanes)	<u>12p-1p</u> Total Fitness Shallow Janet (3 Lanes)	<u>12p-12:45p</u> Daycamp swim lessons (1 Lane) Lap Swim (5 Lanes)	<u>12p-1p</u> Total Fitness Shallow Janet Lap Swim (3 Lanes)	3:45p-5:30p Lap Swim (4 Lanes) Rec Swim (2 Lanes)
<u>1p-2:15p</u> Master Swim Team (3 Lanes) Lap Swim (3 Lanes)	<u>12:45p-2:45p</u> Day Camp (3 Lanes) Lap Swim (3 Lanes)	<u>12p-12:45</u> Daycamp swim lessons (1 Lane) Lap Swim (2 Lanes)	<u>12:45p-2:45p</u> Day Camp (3 Lanes) Lap Swim (3 Lanes)	12p-1p Lap Swim (3 Lanes) Total Fitness Shallow Janet	
<u>2:15p-4p</u> Lap Swim (4 Lanes) Rec Swim (2 Lanes)	<u>2:45p-4p</u> Lap Swim (4 Lanes) Rec Swim (2 Lanes)	<u>1p-2:15p</u> Master Swim Team (3 Lanes) Lap Swim (3 Lanes)	<u>2:45p-4p</u> Lap Swim (4 Lanes) Rec Swim (2 Lanes)	<u>1p-2:15p</u> Master Swim Team (3 Lanes) Lap Swim (3 Lanes)	
<u>4:00pm - 7:00pm</u> Swim Lessons 4 Lanes Lap swim (2 Lanes)	<u>4:00pm - 7:00pm</u> Swim Lessons 4 Lanes Lap swim (2 Lanes)	<u>4:00pm - 7:00pm</u> Swim Lessons 4 Lanes Lap swim (2 Lanes)	<u>4:00pm - 7:00pm</u> Swim Lessons 4 Lanes Lap swim (2 Lanes)	<u>2:15-7:45p</u> Lap Swim (4 Lanes) Rec Swim (2 Lanes)	
<u>7p-8:30p</u> Lap Swim (4 Lanes) Masters Team (2 Lanes)	<u>7p-8:30p</u> Lap Swim (4 Lanes) Rec Swim (2 Lanes)	<u>7p-8:30p</u> Lap Swim (4 Lanes) Masters Team (2 Lanes)	<u>7p-8:30p</u> Lap Swim (4 Lanes) Rec Swim (2 Lanes)		

SUN
<u>12:15pm - 5:30pm</u> 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 : 12:15-5:30pm