



DOWNTOWN SMALL POOL SCHEDULE SUMMER 2026

MON	TUE	WED	THU	FRI	SAT
<u>11A-12P</u> <u>Gentle Aqua</u> <u>Janet</u>	<u>10:30a-1p</u> <u>Rec Swim</u>	<u>11a-12p</u> <u>Gentle Aqua</u> <u>Janet</u>	<u>10:30-1p</u> <u>Rec Swim</u>	<u>11a-12p</u> <u>Gentle Aqua</u> <u>Janet</u>	<u>9:00am - 11:00am</u> <u>Swim Lessons Only</u>
	<u>12:45p-2:45p</u> <u>Closed for</u> <u>Daycamp</u>		<u>12:45p-2:45p</u> <u>Closed for</u> <u>Daycamp</u>		<u>11:00-11:45am</u> <u>Rec Swim</u>
<u>4p-7p</u> <u>Swim lessons</u>	<u>4p-7p</u> <u>Swim Lessons</u>	<u>4p-7p</u> <u>Swim Lessons</u>	<u>4p-7p</u> <u>Swim Lessons</u>		<u>11:45-3pm</u> <u>Closed for</u> <u>Aquatics Program</u>
<u>4p-6:45p</u> <u>Rec Swim</u> <u>(half of the pool)</u>	<u>4p-6:45p</u> <u>Rec Swim</u> <u>(half of the pool)</u>	<u>4p-6:45p</u> <u>Rec Swim</u> <u>(half of the pool)</u>	<u>4p-6:45p</u> <u>Rec Swim</u> <u>(half of the pool)</u>	<u>4p-6:45</u> <u>Rec Swim</u>	
<u>7pm small pool</u> <u>closes</u>	<u>7pm small pool</u> <u>closes</u>	<u>7pm small pool</u> <u>closes</u>	<u>7pm small pool</u> <u>closes</u>		
					SUN
					<u>12:15p-5:30p</u> <u>Rec Swim</u>

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

SUN
12:15pm - 5:30pm 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