

Lap Pool

Spring Pool Schedule Effective February 16, 2026

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
6:00 AM		6:00-11:50 Lap Swim	6:00-10:50 Lap Swim	6:00-3:45 Lap Swim	6:00-10:50 Lap Swim	6:00-1:50 Lap Swim			
7:00 AM									
8:00 AM									
9:00 AM									
10:00 AM									
11:00 AM									
12:00 PM		12:00 Aquacise	12:00-3:45 Lap Swim		12:00-3:45 Lap Swim	1:50-2:45 2 Lanes Lap			
1:00 PM							1:00-1:30 3 Lanes	2:00 Aquacise 2 Lanes	
2:00 PM			1:30-3:45 4 Lanes				12:30 -1:30 3 Lanes		2:45-3:45 Lap Swim
3:00 PM		Swim Lessons 3:45 to 5:00							
4:00 PM									
5:00 PM		5:05-5:55 2 Lanes Open 2 Lanes Lap	5:05-5:25 2 Lap / 2 Open	5:05-5:55 2 Lanes Lap 5:30 to 6:10 Aquacise	5:05-5:25 2 Lap / 2 Open	5:05-7:00 2 Lanes Open 2 Lanes Lap			
5:30 PM			5:30 6:30 Masters		5:30 6:30 Masters				
6:00 PM				6:30-8:00 NSSC				6:30-8:00 NSSC	6:30-8:00 NSSC
7:00 PM									
8:00 PM									

Family swim all lanes out (no Lap Swimming)

1 Length = 25 yards

72 Lengths = 1 mile

Adult Warm Water Pool

Spring Pool Schedule Effective February 16, 2026

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
6:00 AM		6:00 - 8:50	6:00 - 8:50	6:00 - 8:50	6:00 - 8:50	6:00 - 8:50		
7:00 AM		Adult Open	Adult Open	Adult Open	Adult Open	Adult Open		
8:00 AM								8:00-9:25
9:00 AM		9:00-11:00	9:00-12:05	9:00-11:00	9:00-10:15	9:00-11:15	Adult Open	
10:00 AM		Swim Lessons	AJH	Swim Lessons	Swim Lessons	Swim Lessons	9:30-10:45	
11:00 AM		11:15-12:00 AFAP	12:10-12:25 Open	11:15-12:00 AFAP	10:20-3:15	11:30-12:15 Gen. Move	Swim Lessons	
12:00 PM		12:05-12:55 Adult Open	12:30 AFAP	12:05-3:15		Adult Open	12:15 Aqua Yoga	10:45-12:50
1:00 PM		1:00 Aqua Yoga	1:05-3:15				Adult Open	1:00-3:15
2:00 PM		2:05-3:15 Adult Open	Adult Open				Adult Open	
3:00 PM		Swim Lessons 3:20-5:00						
4:00 PM								
5:00 PM		5:05-5:25 Adult Open	5:00-6:10	5:05-6:10	5:05-6:10	5:05-7:00		
6:00 PM		5:30-6:00 Swim Lesson		AJH	Adult Open		Adult Open	
7:00 PM		6:15 -7:00 Encore	6:15- 7:00 Adult Open	6:15 - 7:00 AquaStretch	6:15-7:00 Encore			

Warm Water Pool is for 18 years and over

There is No Lap Swimming in the Warm Water Pool

Signup is required for Aqua Stretch, Aqua Yoga and AFAP

ywca greater newburyport 13 market street newburyport, ma 01950 978-465-9922 www.ywcanewburyport.org

