



Southwestern Montana Family YMCA

Pools Schedule

2025-2026 FALL/WINTER/SPRING

	Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
	<i>Small</i>	<i>Big</i>	<i>Small</i>	<i>Big</i>	<i>Small</i>	<i>Big</i>	<i>Small</i>	<i>Big</i>	<i>Small</i>	<i>Big</i>	<i>Small</i>	<i>Big</i>	<i>Small</i>	<i>Big</i>
6am			therapy/ lap	Water aerobics	therapy/ lap	therapy/ lap	therapy/ lap	Water aerobics	therapy/ lap	therapy/ lap	therapy/ lap	Water aerobics		
7am			therapy/ lap	therapy/ lap	therapy/ lap	therapy/ lap	therapy/ lap	therapy/ lap	therapy/ lap	therapy/ lap	therapy/ lap	therapy/ lap		
8am	CLOSED	CLOSED	therapy/ lap	therapy/ lap	therapy/ lap	therapy/ lap	therapy/ lap	therapy/ lap	therapy/ lap	therapy/ lap	therapy/ lap	therapy/ lap	therapy/ lap	therapy/ lap
9am	CLOSED	CLOSED	Water aerobics	therapy/ lap	Water aerobics	therapy/ lap	Water aerobics	therapy/ lap	Water aerobics	therapy/ lap	Water aerobics	therapy/ lap	therapy/ lap	therapy/ lap
10am	CLOSED	CLOSED	therapy/ lap	Water aerobics	therapy/ lap	therapy/ lap	therapy/ lap	Water aerobics	therapy/ lap	therapy/ lap	therapy/ lap	Water aerobics	therapy/ lap	therapy/ lap
11am	CLOSED	CLOSED	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	CLOSED	CLOSED
12pm	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim
1pm	Open Swim	Open Swim	therapy	Open Swim	Open Swim	Open Swim	therapy	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim
2pm	Open Swim	Open Swim	therapy	Open Swim	Open Swim	Open Swim	therapy	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim
3pm	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim
4pm			Open Swim	Open Swim	Open Swim	**Swim Team**	Open Swim	Open Swim	Open Swim	**Swim Team**	Open Swim	Open Swim		
5pm			Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim		
6pm			Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim		
7pm			Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim		

***Both pools close at 7:30pm Monday-Friday and at 3:30pm Saturday-Sunday.**

****Lap swimming is open all hours except during swim team practices and meets.**

*****Both pools will be closed periodically for school use. Please watch for announcements on dates and times.**

See reverse for more information



*****Both pools are closed Monday thru Friday 6am-11am for recreational swimming. Due to water aerobic classes, lap swim schedule, and physical therapy being done, NO OPEN/RECREATIONAL SWIMMING DURING THIS TIME.**

*****Monday's and Wednesday's from 1-3pm, the small pool is closed for Barrett's Hospital physical therapy patients. If there are recreational swimmers, they will be asked to move to the big pool if the space is needed. If there are no patients that day, the small pool will remain open.**

LAP LANES: Tuesday's and Thursday's 4pm-5:30pm lap lanes are closed for swim team practice.

SATURDAYS: 8am-11am is for lap swim and therapy use only, NO RECREATIONAL SWIMMING DURING THIS TIME. **Pools are closed from 11am-12pm every Saturday for cleaning and pool adjustments.** Open/Recreational Swim starts at 12pm, closes at 3:30pm

WATER AEROBICS:

6:15am-7am class- class takes place in the big pool. Different variations of exercises will be performed in the shallow end and deep end, using various types of pool equipment. This class is more of an intermediate or advanced workout.

9am-9:45am class- class takes place in the small, warmer therapy pool. Different variations of exercises will be performed. More of an arthritis and/or beginners class using various types of pool equipment.

10am-10:45 class- class takes place in the big pool. Different variations of exercises will be performed in the shallow end and deep end, using various types of pool equipment. This class is more of an intermediate or advanced workout.

OPEN SWIM: PLEASE CHECK SCHEDULE FOR OPEN/RECREATIONAL SWIMMING TIMES

****No towels or swim suits are available to be given out.**

****Goggles, toys, kick boards, flippers, barbells, noodles, etc. are available at certain times and on a limited basis. Please speak to a lifeguard. If you want to bring your own, you are welcome too.**

****Only certain times the rope swing will be open, please speak with a lifeguard.**

SAUNA: Please speak with a lifeguard about sauna rules and availability.

LOCKER ROOMS: Please follow all posted locker room rules.