



GREENWOOD YMCA  
POOL SCHEDULE  
JANUARY 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
LAP/OPEN 5:00-8:45a LANES #1-7	LAP/OPEN SWIM 5:00-8:45a LANES #1-7 H2O BOOT CAMP 6:00-6:45a LANES #1-3	LAP/OPEN SWIM 5:00-8:45a LANES #1-7	LAP/OPEN SWIM 5:00-8:45a LANES #1-7 H2O BOOT CAMP 6:00-6:45a LANES #1-3	LAP/OPEN SWIM 5:00-8:45a LANES #1-7
LAP SWIM ONLY 9:00-10:00a LANES #6-7	LAP SWIM ONLY 9:00a-10:00a LANES #6-7	LAP SWIM ONLY 9:00-10:00a LANES #6-7	LAP SWIM ONLY 9:00-10:00a LANES #6-7	LAP SWIM ONLY 9:00-10:00a LANES #6-7
AQUA EX Stretch N' Swim 9:00-9:50a LANES #1-5	AQUA EX Stretch N' Swim 9:00-9:50a LANES #1-5	AQUA EX Stretch N' Swim 9:00-9:50a LANES #1-5	AQUA EX Stretch N' Swim 9:00-9:50a LANES #1-5	AQUA EX Stretch N' Swim 9:00-9:50a LANES #1-5
LAP/OPEN SWIM 10:00a-1:00p LANES #1-7	LAP/OPEN SWIM 10:00a-1:00p LANES #1-7	LAP/OPEN SWIM 10:00a-1:00p LANES #1-7	LAP/OPEN SWIM 10:00a-1:00p LANES #1-7	LAP/OPEN SWIM 10:00a-1:00p LANES #1-7
AQUA EX Stretch N' Swim 1:00-1:50p LANES #1-5	AQUA EX Stretch N' Swim 1:00-1:50p LANES #1-5	AQUA EX Stretch N' Swim 1:00-1:50p LANES #1-5	AQUA EX Stretch N' Swim 1:00-1:50p LANES #1-5	AQUA EX Stretch N' Swim 1:00-1:50p LANES #1-5
LAP SWIM ONLY 1:00-2:00p LANES #5-7	LAP SWIM ONLY 1:00-2:00p LANES #5-7	LAP SWIM ONLY 1:00-2:00p LANES #5-7	LAP SWIM ONLY 1:00-2:00p LANES #5-7	LAP SWIM ONLY 1:00-2:00p LANES #6-7
LAP/OPEN SWIM 2:00-4:00p LANES 5-7	LAP/OPEN SWIM 2:00-4:00p LANES 5-7 SWIM TEAM 3:00-4:00p 2-3 LANES	LAP/OPEN SWIM 2:00-4:00p LANES 5-7	LAP/OPEN SWIM 2:00-4:00p LANES 5-7 SWIM TEAM 3:00-4:00p 2-3 LANES	LAP/OPEN SWIM 2:00-4:00p ALL LANES
SWIM TEAM 4:00-5:30p NO LANES POOL CLOSED	SWIM TEAM 4:00-5:30p NO LANES POOL CLOSED	SWIM TEAM 4:00-5:30p NO LANES POOL CLOSED	SWIM TEAM 4:00-5:30p NO LANES POOL CLOSED	LAP/OPEN SWIM 2:00P-6:00P ALL LANES
SWIM LESSONS 5:30-6:30p 3 LANES	SWIM LESSONS 5:30-6:30p 3 LANES	SWIM LESSONS 5:30-6:30p 3 LANES	SWIM LESSONS 5:30-6:30p 3 LANES	
LAP/OPEN SWIM 5:30-6:30p LANE # 4-7	LAP/OPEN SWIM 5:30-6:30p LANE # 4-7	LAP/OPEN SWIM 5:30-6:30p LANE # 4-7	LAP/OPEN SWIM 5:30-6:30p LANE # 4-7	
AQUA EX 6:30-7:30p LANES # 1-4	AQUA EX 6:30-7:30p LANES # 1-4	LAP/OPEN SWIM 6:30-8:00p ALL LANES	AQUA EX 6:30-7:30p LANES # 1-4	LAP/OPEN SWIM 6:30-8:00p LANES # 4-7
LAP/OPEN SWIM 6:30-8:00p LANES # 4-7	LAP/OPEN SWIM 6:30-8:00p LANES # 4-7		LAP/OPEN SWIM 6:30-8:00p LANES # 4-7	

SATURDAY & SUNDAY OPEN/LAP SWIM ALL DAY  
SWIM LESSONS START JANUARY 12<sup>TH</sup>!