



THERAPY POOL SCHEDULE

UNION COUNTY FAMILY YMCA

September 14 - October 31, 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
CLOSED 5AM-7AM	CLOSED 5AM-7AM	CLOSED 5AM-7AM	CLOSED 5AM-7AM	CLOSED 5AM-7AM	CLOSED 7AM-12:45PM	
OPEN SWIM 7AM-8AM	OPEN SWIM 7AM-8:45AM	OPEN SWIM 7AM-8AM	OPEN SWIM 7AM-8:45AM	OPEN SWIM 7AM-8AM	SWIM LESSONS 10:30AM -12:45PM	
ACTIVE AQUA WELLNESS 8AM-8:45AM		ACTIVE AQUA WELLESS 8AM-8:45AM		ACTIVE AQUA WELLNESS 8AM-8:45AM	CLOSED 12:45PM	
CLOSED 8:45AM-1PM	CLOSED 8:45AM-1PM	CLOSED 8:45AM-1PM	CLOSED 8:45AM-1PM	CLOSED 8:45AM-8:45PM	CLOSED 12:45PM	CLOSED 12PM-3PM
MEMORIAL HEALTH 1PM-4PM	MEMORIAL HEALTH 1PM-4PM	MEMORIAL HEALTH 1PM-4PM	MEMORIAL HEALTH 1PM-4PM			OPEN SWIM 4:15PM-5:45PM
CLOSED 4PM-8:45PM	CLOSED 4PM-8:45PM	CLOSED 4PM-8:45PM	CLOSED 4PM-8:45PM			CLOSED 5:45PM
		ACTIVE AQUA WELLNESS 5PM-6PM				
		SWIM LESSONS 6PM-7:35PM (until October)				

CHANGES IN THE ABOVE SCHEDULE ARE SUBJECT TO OCCUR WITH LITTLE OR TO NO NOTICE.

Open Swim is available to all members to utilize. Please read over the pool facility age policy before use the Therapy Pool.

These activities are instructor led and the Therapy Pool is closed for open swim.

Therapy Pool is closed for open swim during group swim lessons.

Therapy Pool is closed during Memorial Health Physical Therapy Rental.



LAP POOL SCHEDULE

UNION COUNTY FAMILY YMCA

September 14 - October 31, 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
OPEN SWIM 5AM-6:45AM	OPEN SWIM 5AM-6:45AM	OPEN SWIM 5AM-6:45AM	OPEN SWIM 5AM-6:45AM	OPEN SWIM 5AM-6:45AM		
CLOSED 6:45AM-9AM	CLOSED 6:45AM-9AM	CLOSED 6:45AM-9AM	CLOSED 6:45AM-9AM	CLOSED 6:45AM-9AM	OPEN SWIM 7AM-12:45PM	
OPEN SWIM 9AM-1PM MORNING FITNESS 9:30AM- 10:30AM (4 LANES)	OPEN SWIM 9AM-1PM DEEP WATER PUMP 9:30AM - 10:30AM (4 LANES)	OPEN SWIM 9AM-1PM MORNING FITNESS 9:30AM- 10:30AM (4 LANES)	OPEN SWIM 9AM-1PM DEEP WATER PUMP 9:30AM - 10:30AM (4 LANES)	OPEN SWIM 9AM-1PM MORNING FITNESS 9:30AM- 10:30AM (4 LANES)	SWIM LESSONS 9AM-10:30AM (2 LANES)	
CLOSED 1PM-4PM	CLOSED 1PM-4PM	CLOSED 1PM-4PM	CLOSED 1PM-4PM	CLOSED 1PM-4PM	CLOSED 12:45PM	Open Swim 12PM-4PM
OPEN SWIM 4PM-8:45PM UCFY & MHS SWIM TEAM 4PM-8:30PM (TBD)	OPEN SWIM 4PM-8:45PM UCFY & MHS SWIM TEAM 4PM-8:30PM (TBD)	OPEN SWIM 4PM-8:45PM UCFY & MHS SWIM TEAM 4PM-8:30PM (TBD) SWIM LESSONS 5PM-6PM 7PM-8PM (2 LANES)	OPEN SWIM 4PM-8:45PM UCFY & MHS SWIM TEAM 4PM-8:30PM (TBD)	OPEN SWIM 4PM-8:45PM UCFY & MHS SWIM TEAM 4PM-8:30PM (TBD)		SYNCHRO SWIM TEAM 12PM-4PM (3 Lanes) (October)
CLOSED 8:45PM	CLOSED 8:45PM	CLOSED 8:45PM	CLOSED 8:45PM	CLOSED 8:45PM		CLOSED 4PM- 5:45PM

CHANGES IN THE ABOVE SCHEDULE ARE SUBJECT TO OCCUR WITH LITTLE OR TO NO NOTICE.

Open Swim is available to all members to utilize. Please read over the pool facility age policy before use the Therapy Pool. Lane availability varies.

These activities are instructor led.

Swim Lessons utilize 2 lap lanes.

Rental agreements.

Union County Family YMCA Swim Team Practice utilizes up to 6 lap lanes.

Lifeguard Breaks:

6:45am, 8:45am, 10:45am, 5:30pm, 7:30pm

Lifeguards are required to take a 15-minute break during their shift. If only one lifeguard is on duty, all swimmers will be asked to exit the pool during that 15-minute break. The pool will reopen as soon as the lifeguard returns. Thank you for your understanding as we

To utilize the deep end, all swimmers younger than 12 years of age must take a swim test annually.

The swim test is as follows:

Enter water by jumping in and surfacing to the top.

Tread water for 60 seconds.

Swim the length of the pool consistently and unassisted showing a front crawl stroke.

Float on back showing the skills is efficient.