

Shine On



Schedule at a Glance - Ron Edwards Family YMCA

September 7 to December 20, 2026

MONDAY								
	GYM 1	GYM 2	STUDIO	AB ROOM	GRAVITY ROOM Starts Oct 26th	COMMUNITY ROOM B	RAQUETBALL COURTS	POOL
5:30 AM	Open Gym 5:30 - 9:00						Open Courts 6:00 - 5:30 pm	
6:00 AM								Community Rental 6:00 - 7:30
6:30 AM								
7:00 AM								Lane Swim 7:30 - 9:00
7:30 AM					Gravity 7:30 - 8:00			
8:00 AM					Gravity 8:15 - 8:45			
8:30 AM								
9:00 AM	HIT 9:15 - 10:00							
9:30 AM								AquaFit 9:15 - 10:00
10:00 AM	Muscle Fit 10:15 - 11:00			Yoga 10:15 - 11:45				
10:30 AM								
11:00 AM	Walk Fit 11:15 - 12:00							Lane Swim 10:30 - 12:00
11:30 AM								
12:00 PM	Open Pickleball and Open Gym 12:15 - 1:00 ½ Gym each				Gravity 12:00 - 12:30			
12:30 PM								
1:00 PM	Pickleball 1:00 - 3:00			Balance + 1:00 - 2:00				Lane and Open Swim 12:00 - 2:45
1:30 PM								
2:00 PM								
2:30 PM								
3:00 PM	Open Gym 3:15 - 4:00							Community Rental 3:00 - 4:00
3:30 PM								
4:00 PM	Community Rental 4:00 - 5:30							Community Rental 4:00 - 5:30
4:30 PM								
5:00 PM								
5:30 PM				Little Tumblers 4-7 YRS 5:00 - 6:00	Gravity 5:45 - 6:15			
6:00 PM	Soccer 6-9 YRS 6:00 - 7:00	Soccer 10-12 YRS 6:00 - 7:00	Back to Living Well 5:30 - 6:30					Swim Lessons Whirlpool and Sauna Closed 5:45 - 7:30
6:30 PM					Gravity 6:30 - 7:00			
7:00 PM	Girls Youth Sports 13-15 7:00 - 8:00		Cycle Fit 7:00 - 8:00				League 5:30 - 8:30	
7:30 PM								
8:00 PM								AquaFit 7:30 - 8:10
8:30 PM	Open Pick Up Basketball 8:30 - 9:30							
9:00 PM								Community Rental 8:15 - 9:15
9:30 PM								
10:00 PM								

THURSDAY								
	GYM 1	GYM 2	STUDIO	AB ROOM	GRAVITY ROOM Starts Oct 26th	COMMUNITY ROOM	BRAQUETBALL COURTS	POOL
5:30 AM	Open Gym 5:30 - 9:00						Open Courts 6:00 - 5:30	
6:00 AM					Gravity 6:00 - 6:30			Community Rental 6:00 - 7:30
6:30 AM			TRX 7:00 - 7:45					
7:00 AM								
7:30 AM								
8:00 AM								Lane Swim 7:30 - 11:30
8:30 AM								
9:00 AM	Body Fit 9:15 - 10:00		Cycle Fit 9:15 - 10:00					
9:30 AM								
10:00 AM	Open Gym 10:15 - 11:15			Gentle Fit 10:15 - 11:00				
10:30 AM								
11:00 AM								
11:30 AM	Healthy Hearts 11:30 - 12:00							
12:00 PM					Gravity 12:00 - 12:30			Lane and Open Swim 11:30 - 1:00
12:30 PM				Healthy Hearts 12:30 - 1:00				
1:00 PM	Open Gym 12:30 - 5:30			Congitive Groove 1:30 - 2:30				Hydrotherapy 1:15 - 2:00
1:30 PM								
2:00 PM								
2:30 PM								Lane and Open Swim 2:30 - 3:45
3:00 PM								
3:30 PM								
4:00 PM								Community Rental 4:00 - 5:30
4:30 PM				Karate FUND 6-12 YRS 5:00 - 5:45				
5:00 PM					Gravity 5:45 - 6:15			
5:30 PM					Gravity 6:30 - 7:00			
6:00 PM	Dodgeball 10-12 YRS 6:00 - 7:00		Youth Sports Conditioning JR 10-12 YRS 6:00 - 6:45	Karate FUND 6-12 YRS 6:00 - 6:45				Swim Lessons Whirlpool and Sauna Closed 5:45 - 7:30
6:30 PM								
7:00 PM	Zumba 7:15 - 8:15			Karate 13-16 YRS Teen/Advanced 7:00 - 7:45				
7:30 PM								
8:00 PM								Lane Swim 1/2 Adult and H2O Lessons 1/2 7:45 - 9:15
8:30 PM	Open Basketball 8:30 - 9:30							
9:00 PM								
9:30 pm								
10:00 PM								

SWIM ADMISSION CRITERIA

Children ages 0 - 5:

Must be directly supervised by a parent/guardian (min. 16 years of age) in the water within arm's reach at all times.

Maximum ratio: 2 children: 1 adult

Children ages 6 - 9:

[Unable to pass swim test] Must be accompanied by a parent/guardian (min. 16 years of age) in the water within arm's reach at all times.

Maximum ratio: 3 children: 1 adult Maximum ratio: 6 children: 1 adult (with lifejackets)

[Able to pass swim test] Must be supervised by a parent/guardian (min. 16 years of age) in the pool area (visual contact). Can swim in both pools.

Maximum ratio: 3 children: 1 adult

Youth ages 10 - 15:

Must pass a swim test to access deep water. If they do not pass, they must stay in the shallow water.

What is the Facility Swim Test?

To enter deep water and/or swim independently, swimmers must:

- 25-meter non-stop front swim
- 30 second tread in deep end
- Adult swim test: discretion of the lifeguard

TUESDAY								
	GYM 1	GYM 2	STUDIO	AB ROOM	GRAVITY ROOM Starts Oct 26th	COMMUNITY ROOM B	RAQUETBALL COURTS	POOL
5:30 AM	Open Gym 5:30 - 9:00						Open Courts 6:00 - 5:30	
6:00 AM								Community Rental 6:00 - 7:30
6:30 AM								
7:00 AM					Gravity 7:00 - 7:30			
7:30 AM				VIPER 8:15 - 9:00				
8:00 AM								
8:30 AM								
9:00 AM	Body Fit 9:15 - 10:00		Cycle Fit 9:15 - 10:00					Lane Swim 7:30 - 11:30
9:30 AM								
10:00 AM	Low Impact 10:15 - 11:00			Gentle Fit 10:15 - 11:00				
10:30 AM								
11:00 AM	Healthy Hearts 11:30 - 12:00							
11:30 AM								
12:00 PM	Open Gym 12:15 - 1:15			Healthy Hearts 12:30 - 1:00	Gravity 12:00 - 12:30			Lane and Open Swim 11:30 - 1:00
1:00 PM								
1:30 PM	Homeschool Program 6-12 YRS 1:30 - 3:00			Congitive Groove 1:30 - 2:30				Hydrotherapy 1:15 - 2:00
2:00 PM								Lane and Open Swim 2:30 - 3:45
2:30 PM								
3:00 PM	Open Gym 3:00 - 4:30							
3:30 PM								
4:00 PM								Community Rental 4:00 - 5:30
4:30 PM								
5:00 PM	Soccer LVL 1 3-5 YRS 5:00 - 5:45			Zumba Kids JR 4-7 YRS 5:00 - 5:45				
5:30 PM								
6:00 PM	Floor Hockey 10-2 YRS 6:00 - 7:00		TRX 6:00 - 7:00	Youth Sports Conditioning JR 10-12 YRS 6:00 - 6:45			League 5:30 - 7:30	Swim Lessons 5:45 - 7:30 Teen Lessons 6:55 Whirlpool and Sauna Closed
6:30 PM								
7:00 PM				Yoga 7:00 - 8:30	Gravity 7:15 - 7:45	YLD 13+ YRS 7:00 - 8:00		
7:30 PM	Zumba 7:15 - 8:15							
8:00 PM								Lane Swim (2 Lanes) 7:45 - 9:15
8:30 PM	Open Basketball 8:30 - 9:30							Triathlon (2 Lanes) 7:45 - 8:15 starts Oct 6th
9:00 PM								
9:30 PM								
10:00 PM								

FRIDAY								
	GYM 1	GYM 2	STUDIO	AB ROOM	GRAVITY ROOM Starts Oct 26th	COMMUNITY ROOM	BRAQUETBALL COURTS	POOL
5:30 AM	Open Gym 5:30 - 9:00						Open Courts 6:00 - 9:30	
6:00 AM								Community Rental 6:00 - 7:30
6:30 AM					Gravity 6:30 - 7:00			
7:00 AM					Gravity 7:15 - 7:45			Lane Swim 7:30 - 9:00
7:30 AM								
8:00 AM								
8:30 AM								
9:00 AM	Muscle Fit 9:15 - 10:00			Line Dancing 9:00 - 10:00				AquaFit 9:15 - 10:00
9:30 AM								
10:00 AM	Low Impact 10:15 - 11:00			Yoga 10:15 - 11:45				
10:30 AM								
11:00 AM								
11:30 AM								Lane Swim 10:30 - 12:30
12:00 PM	Pickleball 11:30 - 3:00							
12:30 PM								
1:00 PM								
1:30 PM								
2:00 PM								Open and and Lane Swim 12:30 - 3:30
2:30 PM								
3:00 PM								
3:30 PM								
4:00 PM								
4:30 PM								Community Rental 4:00 - 7:00
5:00 PM	Open Gym 3:15 - 7:30							
5:30 PM								
6:00 PM								
6:30 PM								
7:00 PM								
7:30 PM								
8:00 PM	Open Pick Up Basketball 7:30 - 9:30							Lane and Open Swim 7:30 - 9:15
8:30 PM								
9:00 PM								
9:30 PM								
10:00 PM								

FACILITY HOURS

Mon - Fri:

5:30 am - 10:00 pm - POOL opens at 7:30 am

Saturday:

8:00am - 6:00 pm

Sunday:

8:00am - 6:00pm

Sauna & whirlpool closed during Swim Lessons Whirlpool

Pool closes 15 minutes before facility closure. Members have 10 minutes post closing time, to gather belongings.

WEDNESDAY								
	GYM 1	GYM 2	STUDIO	AB ROOM	GRAVITY ROOM Starts Oct 26th	COMMUNITY ROOM B	RAQUETBALL COURTS	POOL
5:30 AM	Open Gym 5:30 - 9:00						Open Courts 6:00-5:30	
6:00 AM								Community Rental 6:00-7:30
6:30 AM					Gravity 6:30-7:00			
7:00 AM					Gravity 7:15-7:45			Lane Swim 7:30-9:00
7:30 AM								
8:00 AM								
8:30 AM								
9:00 AM	30/30 9:15-10:15							AquaFit 9:15-10:00
9:30 AM								
10:00 AM	WalkFit 11:15-12:00			Chair Yoga 10:30-11:30				
10:30 AM								Lane Swim 10:30-12:00
11:00 AM								
11:30 AM								
12:00 PM	Open Pickleball and Gym 12:15-1:00 ½ Gym each				Gravity 12:00-12:30			
12:30 PM								
1:00 PM	Pickleball 1:00-3:00			Balance + 1:00-2:00				Lane and Open Swim 12:00-2:45
1:30 PM								
2:00 PM								
2:30 PM	Open Gym 3:15-3:45							Community Rental 3:00-4:00
3:00 PM								
3:30 PM								
4:00 PM	Community Rental 4:00-6:00							Community Rental 4:00-5:30
4:30 PM								
5:00 PM								
5:30 PM								
6:00 PM	Sports Adventure 6-9 Yrs and 10-12 YRS 6:00-7:00	Community Rental 6:00-7:00		Back to Living Well 5:30-6:45	Gravity 6:00-6:30		League 5:30-8:00	Swim Lessons Whirlpool and Sauna Closed 5:45-7:30
6:30 PM								
7:00 PM	Boys Youth Sports 13-15 7:00-8:00		Cycle Fit 7:00-7:45	Muscle Fit 7:00-7:45	Gravity 7:15-7:45			Open Swim 7:30-8:10
7:30 PM								
8:00 PM	Open Pick Up Basketball 8:30-9:30			Pilates/Yoga 8:00-8:45				Community Rental 8:15-9:15
8:30 PM								
9:00 PM								
9:30 PM								
10:00 PM								