



# Schedule at a Glance - Ron Edwards Family YMCA

September 7 to December 20, 2026

| MONDAY   |                                                       |                               |                                  |                        |                                 |                  |                                  |                                                            |
|----------|-------------------------------------------------------|-------------------------------|----------------------------------|------------------------|---------------------------------|------------------|----------------------------------|------------------------------------------------------------|
|          | GYM 1                                                 | GYM 2                         | STUDIO                           | AB ROOM                | GRAVITY ROOM<br>Starts Nov 16th | COMMUNITY ROOM B | RAQUETBALL<br>COURTS             | POOL                                                       |
| 5:30 AM  | Open Gym<br>5:30 - 9:00                               |                               |                                  |                        |                                 |                  | Open Courts<br>6:00-5:30 pm      |                                                            |
| 6:00 AM  |                                                       |                               |                                  |                        |                                 |                  |                                  | Community Rental<br>6:00-7:30                              |
| 6:30 AM  |                                                       |                               |                                  |                        |                                 |                  |                                  |                                                            |
| 7:00 AM  |                                                       |                               |                                  |                        |                                 |                  |                                  | Lane Swim<br>7:30-9:00                                     |
| 7:30 AM  |                                                       |                               |                                  |                        | Gravity<br>7:30-8:00            |                  |                                  |                                                            |
| 8:00 AM  |                                                       |                               |                                  |                        | Gravity<br>8:15-8:45            |                  |                                  |                                                            |
| 8:30 AM  |                                                       |                               |                                  |                        |                                 |                  |                                  |                                                            |
| 9:00 AM  | HIT<br>9:15-10:00                                     |                               |                                  |                        |                                 |                  |                                  | AquaFit<br>9:15-10:00                                      |
| 9:30 AM  | Muscle Fit<br>10:15-11:00                             |                               |                                  | Yoga<br>10:15-11:45    |                                 |                  |                                  |                                                            |
| 10:00 AM |                                                       |                               |                                  |                        |                                 |                  |                                  | Lane Swim<br>10:30-12:00                                   |
| 10:30 AM |                                                       |                               |                                  |                        |                                 |                  | Lane and Open Swim<br>12:00-2:45 |                                                            |
| 11:00 AM | Walk Fit<br>11:15-12:00                               |                               |                                  |                        |                                 |                  |                                  |                                                            |
| 11:30 AM |                                                       |                               |                                  |                        |                                 |                  |                                  |                                                            |
| 12:00 PM | Open Pickleball and Open Gym<br>12:15-1:00 ½ Gym each |                               |                                  |                        | Gravity<br>12:00-12:30          |                  |                                  |                                                            |
| 12:30 PM |                                                       |                               |                                  |                        |                                 |                  |                                  |                                                            |
| 1:00 PM  | Pickleball<br>1:00-3:00                               |                               |                                  | Balance +<br>1:00-2:00 |                                 |                  |                                  |                                                            |
| 1:30 PM  |                                                       |                               |                                  |                        |                                 |                  |                                  |                                                            |
| 2:00 PM  |                                                       |                               |                                  |                        |                                 |                  |                                  |                                                            |
| 2:30 PM  |                                                       |                               |                                  |                        |                                 |                  |                                  |                                                            |
| 3:00 PM  | Open Gym<br>3:15-4:00                                 |                               |                                  |                        |                                 |                  |                                  | Community Rental<br>3:00-4:00-Starting in<br>October       |
| 3:30 PM  |                                                       |                               |                                  |                        |                                 |                  |                                  |                                                            |
| 4:00 PM  |                                                       |                               |                                  |                        |                                 |                  |                                  | Community Rental<br>4:00-5:30                              |
| 4:30 PM  | Community Rental<br>4:00-5:30                         |                               |                                  |                        |                                 |                  |                                  |                                                            |
| 5:00 PM  |                                                       |                               |                                  |                        |                                 |                  |                                  |                                                            |
| 5:30 PM  |                                                       |                               |                                  |                        |                                 |                  | League<br>5:30-8:30              |                                                            |
| 6:00 PM  | Soccer 6-9 YRS<br>6:00-7:00                           | Soccer 10-12 YRS<br>6:00-7:00 | Back to Living Well<br>5:30-6:30 |                        | Gravity<br>5:45-6:15            |                  |                                  | Swim Lessons<br>Whirlpool and Sauna<br>Closed<br>5:45-7:30 |
| 6:30 PM  |                                                       |                               |                                  |                        | Gravity<br>6:30-7:00            |                  |                                  |                                                            |
| 7:00 PM  | Girls<br>Youth Sports 13-15<br>7:00-8:00              |                               |                                  |                        |                                 |                  |                                  | AquaFit<br>7:30-8:10                                       |
| 7:30 PM  |                                                       |                               |                                  |                        |                                 |                  |                                  |                                                            |
| 8:00 PM  | Open Pick Up Basketball<br>8:30-9:30                  |                               |                                  |                        |                                 |                  |                                  | Community Rental<br>8:15-9:15                              |
| 8:30 PM  |                                                       |                               |                                  |                        |                                 |                  |                                  |                                                            |
| 9:00 PM  |                                                       |                               |                                  |                        |                                 |                  |                                  |                                                            |
| 9:30 PM  |                                                       |                               |                                  |                        |                                 |                  |                                  |                                                            |
| 10:00 PM |                                                       |                               |                                  |                        |                                 |                  |                                  |                                                            |

| THURSDAY |                                  |                                                 |                         |                                   |                                 |                |                                  |                                                            |
|----------|----------------------------------|-------------------------------------------------|-------------------------|-----------------------------------|---------------------------------|----------------|----------------------------------|------------------------------------------------------------|
|          | GYM 1                            | GYM 2                                           | STUDIO                  | AB ROOM                           | GRAVITY ROOM<br>Starts Nov 16th | COMMUNITY ROOM | BRAQUETBALL COURTS               | POOL                                                       |
| 5:30 AM  | Open Gym<br>5:30 - 9:00          |                                                 |                         |                                   |                                 |                | Open Courts<br>6:00-5:30         |                                                            |
| 6:00 AM  |                                  |                                                 |                         |                                   | Gravity<br>6:00-6:30            |                |                                  | Community Rental<br>6:00-7:30                              |
| 6:30 AM  |                                  |                                                 | TRX<br>7:00-7:45        |                                   |                                 |                |                                  |                                                            |
| 7:00 AM  |                                  |                                                 |                         |                                   |                                 |                |                                  |                                                            |
| 7:30 AM  |                                  |                                                 |                         |                                   |                                 |                |                                  |                                                            |
| 8:00 AM  |                                  |                                                 |                         |                                   |                                 |                |                                  |                                                            |
| 8:30 AM  |                                  |                                                 |                         |                                   |                                 |                |                                  |                                                            |
| 9:00 AM  | Body Fit<br>9:15-10:00           |                                                 |                         |                                   |                                 |                |                                  | Lane Swim<br>7:30-11:30                                    |
| 9:30 AM  |                                  |                                                 | Cycle Fit<br>9:15-10:00 |                                   |                                 |                |                                  |                                                            |
| 10:00 AM | Open Gym<br>10:15-11:15          |                                                 |                         | Gentle Fit<br>10:15-11:00         |                                 |                |                                  |                                                            |
| 10:30 AM |                                  |                                                 |                         |                                   |                                 |                | Lane and Open Swim<br>11:30-1:00 |                                                            |
| 11:00 AM |                                  |                                                 |                         |                                   |                                 |                |                                  |                                                            |
| 11:30 AM | Healthy Hearts<br>11:30-12:00    |                                                 |                         |                                   |                                 |                |                                  |                                                            |
| 12:00 PM |                                  |                                                 |                         |                                   | Gravity<br>12:00-12:30          |                |                                  |                                                            |
| 12:30 PM |                                  |                                                 |                         |                                   |                                 |                |                                  |                                                            |
| 1:00 PM  |                                  |                                                 |                         |                                   |                                 |                |                                  |                                                            |
| 1:30 PM  |                                  |                                                 |                         |                                   |                                 |                |                                  |                                                            |
| 2:00 PM  |                                  |                                                 |                         |                                   |                                 |                |                                  |                                                            |
| 2:30 PM  |                                  |                                                 |                         |                                   |                                 |                |                                  |                                                            |
| 3:00 PM  | Open Gym<br>12:30-5:30           |                                                 |                         |                                   |                                 |                |                                  |                                                            |
| 3:30 PM  |                                  |                                                 |                         |                                   |                                 |                | Community Rental<br>4:00-5:30    |                                                            |
| 4:00 PM  |                                  |                                                 |                         |                                   |                                 |                |                                  |                                                            |
| 4:30 PM  |                                  |                                                 |                         |                                   |                                 |                |                                  |                                                            |
| 5:00 PM  |                                  |                                                 |                         |                                   |                                 |                |                                  |                                                            |
| 5:30 PM  |                                  |                                                 |                         |                                   |                                 |                |                                  |                                                            |
| 6:00 PM  |                                  |                                                 |                         |                                   |                                 |                |                                  |                                                            |
| 6:30 PM  | Dodgeball 10-12 YRS<br>6:00-7:00 | Youth Conditioning JR<br>10-12 YRS<br>6:00-6:45 |                         | Karate FUND 6-12 YRS<br>5:00-5:45 | Gravity<br>5:45-6:15            |                |                                  | Swim Lessons<br>Whirlpool and Sauna<br>Closed<br>5:45-7:30 |
| 7:00 PM  |                                  |                                                 |                         |                                   |                                 |                |                                  |                                                            |
| 7:30 PM  | Zumba<br>7:15-8:15               |                                                 |                         |                                   | Gravity<br>6:30-7:00            |                |                                  |                                                            |
| 8:00 PM  |                                  |                                                 |                         |                                   |                                 |                |                                  | Lane Swim 1/2<br>Adult and H2O Lessons<br>1/2<br>7:45-9:15 |
| 8:30 PM  | Open Basketball<br>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<br>Starts Nov 16th | COMMUNITY ROOM B | RAQUETBALL<br>COURTS             | POOL                            |
| 5:30 AM  | Open Gym<br>5:30 - 9:00                     |       |                         |                    |                                 |                  | Open Courts<br>6:00-5:30         |                                 |
| 6:00 AM  |                                             |       |                         |                    |                                 |                  |                                  | Community Rental<br>6:00-7:30   |
| 6:30 AM  |                                             |       |                         |                    |                                 |                  |                                  |                                 |
| 7:00 AM  |                                             |       |                         |                    | Gravity<br>7:00-7:30            |                  |                                  |                                 |
| 7:30 AM  |                                             |       |                         | VIPER<br>8:15-9:00 |                                 |                  |                                  |                                 |
| 8:00 AM  |                                             |       |                         |                    |                                 |                  |                                  |                                 |
| 8:30 AM  |                                             |       |                         |                    |                                 |                  |                                  |                                 |
| 9:00 AM  |                                             |       |                         |                    |                                 |                  |                                  |                                 |
| 9:30 AM  | Body Fit<br>9:15-10:00                      |       | Cycle Fit<br>9:15-10:00 |                    |                                 |                  |                                  | Lane Swim<br>7:30-11:30         |
| 10:00 AM |                                             |       |                         |                    |                                 |                  |                                  |                                 |
| 10:30 AM | Low Impact<br>10:15-11:00                   |       |                         |                    | Gentle Fit<br>10:15-11:00       |                  |                                  |                                 |
| 11:00 AM |                                             |       |                         |                    |                                 |                  | Lane and Open Swim<br>11:30-1:00 |                                 |
| 11:30 AM | Healthy Hearts<br>11:30-12:00               |       |                         |                    |                                 |                  |                                  |                                 |
| 12:00 PM |                                             |       |                         |                    |                                 |                  |                                  |                                 |
| 12:30 PM | Open Gym<br>12:15-1:15                      |       |                         |                    | Gravity<br>12:00-12:30          |                  |                                  |                                 |
| 1:00 PM  |                                             |       |                         |                    |                                 |                  |                                  |                                 |
| 1:30 PM  | Homeschool Program<br>6-12 YRS<br>1:30-3:00 |       |                         |                    | Healthy Hearts<br>12:30-1:00    |                  |                                  |                                 |
| 2:00 PM  |                                             |       |                         |                    |                                 |                  |                                  | Hydrotherapy<br>1:15-2:00       |
| 2:30 PM  |                                             |       |                         |                    |                                 |                  |                                  |                                 |
| 3:00 PM  |                                             |       |                         |                    |                                 |                  |                                  | Lane and Open Swim<br>2:30-3:45 |
| 3:30 PM  | Open Gym<br>3:00-4:30                       |       |                         |                    |                                 |                  |                                  |                                 |
| 4:00 PM  |                                             |       |                         |                    |                                 |                  |                                  | Community Rental<br>4:00-5:30   |
| 4:30 PM  |                                             |       |                         |                    |                                 |                  | League<br>5:30-7:30              |                                 |
| 5:00 PM  |                                             |       |                         |                    |                                 |                  |                                  |                                 |
| 5:30 PM  |                                             |       |                         |                    |                                 |                  |                                  |                                 |
| 6:00 PM  |                                             |       |                         |                    |                                 |                  |                                  |                                 |
| 6:30 PM  |                                             |       |                         |                    |                                 |                  |                                  |                                 |
| 7:00 PM  |                                             |       |                         |                    |                                 |                  |                                  |                                 |
| 7:30 PM  |                                             |       |                         |                    |                                 |                  |                                  |                                 |
| 8:00 PM  |                                             |       |                         |                    |                                 |                  |                                  |                                 |
| 8:30 PM  |                                             |       |                         |                    |                                 |                  |                                  |                                 |
| 9:00 PM  |                                             |       |                         |                    |                                 |                  |                                  |                                 |
| 9:30 PM  |                                             |       |                         |                    |                                 |                  |                                  |                                 |
| 10:00 PM |                                             |       |                         |                    |                                 |                  |                                  |                                 |

| FRIDAY   |                         |       |        |         |                                 |                |                                         |                               |
|----------|-------------------------|-------|--------|---------|---------------------------------|----------------|-----------------------------------------|-------------------------------|
|          | GYM 1                   | GYM 2 | STUDIO | AB ROOM | GRAVITY ROOM<br>Starts Nov 16th | COMMUNITY ROOM | BRAQUETBALL COURTS                      | POOL                          |
| 5:30 AM  | Open Gym<br>5:30 - 9:00 |       |        |         |                                 |                | Open Courts<br>6:00-9:30                |                               |
| 6:00 AM  |                         |       |        |         |                                 |                |                                         | Community Rental<br>6:00-7:30 |
| 6:30 AM  |                         |       |        |         |                                 |                |                                         |                               |
| 7:00 AM  |                         |       |        |         | Gravity<br>6:30-7:00            |                |                                         |                               |
| 7:30 AM  |                         |       |        |         | Gravity<br>7:15-7:45            |                |                                         | Lane Swim<br>7:30-9:00        |
| 8:00 AM  |                         |       |        |         |                                 |                |                                         |                               |
| 8:30 AM  |                         |       |        |         |                                 |                |                                         |                               |
| 9:00 AM  |                         |       |        |         |                                 |                |                                         |                               |
| 9:30 AM  |                         |       |        |         |                                 |                |                                         |                               |
| 10:00 AM |                         |       |        |         |                                 |                |                                         |                               |
| 10:30 AM |                         |       |        |         |                                 |                | Open and and Lane<br>Swim<br>12:30-3:30 |                               |
| 11:00 AM |                         |       |        |         |                                 |                |                                         |                               |
| 11:30 AM |                         |       |        |         |                                 |                |                                         |                               |
| 12:00 PM |                         |       |        |         |                                 |                |                                         |                               |
| 12:30 PM |                         |       |        |         |                                 |                |                                         |                               |
| 1:00 PM  |                         |       |        |         |                                 |                |                                         |                               |
| 1:30 PM  |                         |       |        |         |                                 |                |                                         |                               |
| 2:00 PM  |                         |       |        |         |                                 |                |                                         |                               |
| 2:30 PM  |                         |       |        |         |                                 |                |                                         |                               |
| 3:00 PM  |                         |       |        |         |                                 |                |                                         |                               |
| 3:30 PM  |                         |       |        |         |                                 |                | Community Rental<br>4:00-7:00           |                               |
| 4:00 PM  |                         |       |        |         |                                 |                |                                         |                               |
| 4:30 PM  |                         |       |        |         |                                 |                |                                         |                               |
| 5:00 PM  |                         |       |        |         |                                 |                |                                         |                               |
| 5:30 PM  |                         |       |        |         |                                 |                |                                         |                               |
| 6:00 PM  |                         |       |        |         |                                 |                |                                         |                               |
| 6:30 PM  |                         |       |        |         |                                 |                |                                         |                               |
| 7:00 PM  |                         |       |        |         |                                 |                |                                         |                               |
| 7:30 PM  |                         |       |        |         |                                 |                |                                         |                               |
| 8:00 PM  |                         |       |        |         |                                 |                |                                         |                               |
| 8:30 PM  |                         |       |        |         |                                 |                | Lane and Open Swim<br>7:30-9:15         |                               |
| 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<br>Starts Nov 16th | COMMUNITY ROOM B | RAQUETBALL<br>COURTS             | POOL                                                       |  |
| 5:30 AM   | Open Gym<br>5:30 - 9:00                                |                               |                        |                                  |                                 |                  | Open Courts<br>6:00-5:30         |                                                            |  |
| 6:00 AM   |                                                        |                               |                        |                                  |                                 |                  |                                  | Community Rental<br>6:00-7:30                              |  |
| 6:30 AM   |                                                        |                               |                        |                                  |                                 |                  |                                  |                                                            |  |
| 7:00 AM   |                                                        |                               |                        |                                  | Gravity<br>6:30-7:00            |                  |                                  | Lane Swim<br>7:30-9:00                                     |  |
| 7:30 AM   |                                                        |                               |                        |                                  | Gravity<br>7:15-7:45            |                  |                                  |                                                            |  |
| 8:00 AM   |                                                        |                               |                        |                                  |                                 |                  |                                  |                                                            |  |
| 8:30 AM   |                                                        |                               |                        |                                  |                                 |                  |                                  |                                                            |  |
| 9:00 AM   |                                                        |                               |                        |                                  |                                 |                  |                                  |                                                            |  |
| 9:30 AM   | 30/30<br>9:15-10:15                                    |                               |                        |                                  |                                 |                  |                                  | AquaFit<br>9:15 - 10:00                                    |  |
| 10:00 AM  |                                                        |                               |                        |                                  |                                 |                  |                                  |                                                            |  |
| 10:30 AM  | Walk Fit<br>11:15-12:00                                |                               |                        | Chair Yoga<br>10:30 -11:30       |                                 |                  | Lane and Open Swim<br>12:00-2:45 |                                                            |  |
| 11:00 AM  |                                                        |                               |                        |                                  |                                 |                  |                                  | Lane Swim<br>10:30-12:00                                   |  |
| 11:30 AM  |                                                        |                               |                        |                                  |                                 |                  |                                  |                                                            |  |
| 12:00 PM  | Open Pickleball and Gym<br>12:15- 1:00 ½ Gym each      |                               |                        |                                  | Gravity<br>12:00-12:30          |                  |                                  |                                                            |  |
| 12:30 PM  |                                                        |                               |                        |                                  |                                 |                  |                                  |                                                            |  |
| 1:00 PM   | Pickleball<br>1:00-3:00                                |                               |                        | Balance+<br>1:00-2:00            |                                 |                  |                                  |                                                            |  |
| 1:30 PM   |                                                        |                               |                        |                                  |                                 |                  |                                  |                                                            |  |
| 2:00 PM   |                                                        |                               |                        |                                  |                                 |                  |                                  |                                                            |  |
| 2:30 PM   |                                                        |                               |                        |                                  |                                 |                  |                                  |                                                            |  |
| 3:00 PM   | Open Gym<br>3:15 -3:45                                 |                               |                        |                                  |                                 |                  |                                  | Community Rental<br>3:00-4:00 - Starting in<br>October     |  |
| 3:30 PM   |                                                        |                               |                        |                                  |                                 |                  |                                  |                                                            |  |
| 4:00 PM   | Community Rental<br>4:00-6:00                          |                               |                        |                                  |                                 |                  | Community Rental<br>4:00-5:30    |                                                            |  |
| 4:30 PM   |                                                        |                               |                        |                                  |                                 |                  |                                  |                                                            |  |
| 5:00 PM   |                                                        |                               |                        |                                  |                                 |                  |                                  |                                                            |  |
| 5:30 PM   |                                                        |                               |                        |                                  |                                 |                  |                                  |                                                            |  |
| 6:00 PM   | Sports Adventure<br>6-9 Yrs and 10-12 YRS<br>6:00-7:00 | Community Rental<br>6:00-7:00 |                        | Back to Living Well<br>5:30-6:45 | Gravity<br>6:00-6:30            |                  | League<br>5:30-8:00              | Swim Lessons<br>Whirlpool and Sauna<br>Closed<br>5:45-7:30 |  |
| 6:30 PM   |                                                        |                               |                        |                                  |                                 |                  |                                  |                                                            |  |
| 7:00 PM   | Boys<br>Youth Sports 13-15<br>7:00-8:00                |                               | Cycle Fit<br>7:00-7:45 | Muscle Fit<br>7:00-7:45          | Gravity<br>7:15-7:45            |                  |                                  |                                                            |  |
| 7:30 PM   |                                                        |                               |                        |                                  |                                 |                  |                                  |                                                            |  |
| 8:00 PM   |                                                        |                               |                        |                                  | Pilates/Yoga<br>8:00-8:45       |                  |                                  |                                                            |  |
| 8:30 PM   | Open Pick Up Basketball<br>8:30-9:30                   |                               |                        |                                  |                                 |                  |                                  | Open Swim<br>7:30-8:10                                     |  |
| 9:00 PM   |                                                        |                               |                        |                                  |                                 |                  |                                  | Community Rental<br>8:15-9:15                              |  |
| 9:30 PM   |                                                        |                               |                        |                                  |                                 |                  |                                  |                                                            |  |
| 10:00 PM  |                                                        |                               |                        |                                  |                                 |                  |                                  |                                                            |  |