

Schedule at a Glance - Ron Edwards Family YMCA

September 8, 2025 to December 21, 2025

GYM	STUDIO	AB ROOM	COMMUNITY ROOM	COMMUNITY ROOM B	RAQUETBALL COURTS	POOL
						6:00 -7:30
						Community Rental
						7:30-9:00
						Lane Swim
						Aquafit
						9:15 - 10:00
		_				
		Yoga				
		10:15-11:45				
					Open Courts	
					6:00 -5:30	Lane Swim 10:30 -2:00
						10.50 2.00
		Ralance +				
Dickloball		1:00 -2:00				
						Open Swim
						2:00-3:00
0 0 1 1 1						3:00-4:00 Community Rental
						Community Heritar
J. 13 - T.JU			Community Rental			4:00-5:30
			3:45 - 5:45			Community Rental
		Back to Living Well				
Soccer LVL 16-12 YRS		5:30-6:30				Swim Lessons
0:00-7:00						Whirlpool and Sauna Closed
Soccer LVL 26-12 YRS		Body Fit			League	5:45-7:30
7:00 - 8:00		7:00 - 7:45			5:30-8:30	
	- Jeason Idi					Aquafit High Intensity
						7:30-8:10
Open Pick Up Basketball						
8:30-9:30 Full Court						8:15-9:15 Community Rental
			ILIDCD AV			Community Heritar
		I I	HUKSDAY			
GYM	STUDIO	AB ROOM	COMMUNITY ROOM	COMMUNITY ROOM B	RAQUETBALL COURTS	POOL
						6:00 -7:30
						Community Rental
Body Fit	Cycle Fit					
9:15 -10:00	9:15 -10:00					
		Cantla Fit				Lane Swim
						7:30 - 1:00
Healthy Hearts					Open Courts	
11:30-12:00					6:00 -5:30	
		Healthy Hearts				
					-	
		12:30-1:00				
		12:30 -1:00				Hydrotherapy
			Healthy Hearts Education			Hydrotherapy 1:15-2:00
Open Baskethall		12:30 - 1:00 Cognitive Groove	Healthy Hearts Education 1:00-4:00			1:15 -2:00
Open Basketball 1:00-4:30		12:30 - 1:00 Cognitive Groove				1:15 -2:00 Lane Swim
		12:30 - 1:00 Cognitive Groove	1:00 -4:00			1:15 -2:00
		12:30 - 1:00 Cognitive Groove	1:00 -4:00			1:15 -2:00 Lane Swim
		12:30 - 1:00 Cognitive Groove	1:00 -4:00			1:15 -2:00 Lane Swim 2:30 -3:30
1:00-4:30		12:30-1:00 Cognitive Groove 1:30-2:30	1:00 -4:00			1:15 -2:00 Lane Swim 2:30 -3:30 Community Rental
1:00 -4:30 Dodgeball 8-13 YRS		12:30-1:00 Cognitive Groove 1:30-2:30 Karate FUND 6-12 YRS	1:00 -4:00			1:15 -2:00 Lane Swim 2:30 -3:30
1:00-4:30 Dodgeball 8-13 YRS 5:00-6:00		12:30 - 1:00 Cognitive Groove 1:30 - 2:30 Karate FUND 6-12 YRS 5:00 - 5:45	1:00 -4:00 Every other month Community Rental			1:15 -2:00 Lane Swim 2:30 -3:30 Community Rental 4:00 -5:30
1:00-4:30 Dodgeball 8-13 YRS 5:00-6:00 Dodgeball 8-13 YRS		12:30-1:00 Cognitive Groove 1:30-2:30 Karate FUND 6-12 YRS 5:00-5:45 Karate FUND 6-12 YRS	1:00 -4:00 Every other month			1:15 -2:00 Lane Swim 2:30 -3:30 Community Rental 4:00 -5:30 Swim Lessons
1:00-4:30 Dodgeball 8-13 YRS 5:00-6:00		12:30-1:00 Cognitive Groove 1:30-2:30 Karate FUND 6-12 YRS 5:00-5:45 Karate FUND 6-12 YRS 6:00-6:45	1:00 -4:00 Every other month Community Rental			1:15 -2:00 Lane Swim 2:30 -3:30 Community Rental 4:00 -5:30 Swim Lessons Whirlpool and Sauna
1:00-4:30 Dodgeball 8-13 YRS 5:00-6:00 Dodgeball 8-13 YRS 6:00-7:00		12:30 - 1:00 Cognitive Groove 1:30 - 2:30 Karate FUND 6-12 YRS 5:00 - 5:45 Karate FUND 6-12 YRS 6:00 - 6:45 Karate 13 - 16 YRS	1:00 -4:00 Every other month Community Rental			1:15-2:00 Lane Swim 2:30-3:30 Community Rental 4:00-5:30 Swim Lessons Whirlpool and Sauna Closed
1:00-4:30 Dodgeball 8-13 YRS 5:00-6:00 Dodgeball 8-13 YRS		Cognitive Groove 1:30-2:30 Karate FUND 6-12 YRS 5:00-5:45 Karate FUND 6-12 YRS 6:00-6:45 Karate 13-16 YRS Teen/Advanced	1:00 -4:00 Every other month Community Rental		League	1:15 -2:00 Lane Swim 2:30 -3:30 Community Rental 4:00 -5:30 Swim Lessons Whirlpool and Sauna
1:00-4:30 Dodgeball 8-13 YRS 5:00-6:00 Dodgeball 8-13 YRS 6:00-7:00 Zumba		12:30 - 1:00 Cognitive Groove 1:30 - 2:30 Karate FUND 6-12 YRS 5:00 - 5:45 Karate FUND 6-12 YRS 6:00 - 6:45 Karate 13 - 16 YRS	1:00 -4:00 Every other month Community Rental		League 5:30-8:30	1:15 -2:00 Lane Swim 2:30 -3:30 Community Rental 4:00 -5:30 Swim Lessons Whirlpool and Sauna Closed 5:45 -7:30 Lane Swim 1/2
1:00-4:30 Dodgeball 8-13 YRS 5:00-6:00 Dodgeball 8-13 YRS 6:00-7:00 Zumba 7:15-8:15		Cognitive Groove 1:30-2:30 Karate FUND 6-12 YRS 5:00-5:45 Karate FUND 6-12 YRS 6:00-6:45 Karate 13-16 YRS Teen/Advanced	1:00 -4:00 Every other month Community Rental			1:15 -2:00 Lane Swim 2:30 -3:30 Community Rental 4:00 -5:30 Swim Lessons Whirlpool and Sauna Closed 5:45 -7:30 Lane Swim 1/2 Adult and H20 Lessons 1/
1:00-4:30 Dodgeball 8-13 YRS 5:00-6:00 Dodgeball 8-13 YRS 6:00-7:00 Zumba		Cognitive Groove 1:30-2:30 Karate FUND 6-12 YRS 5:00-5:45 Karate FUND 6-12 YRS 6:00-6:45 Karate 13-16 YRS Teen/Advanced	1:00 -4:00 Every other month Community Rental			1:15-2:00 Lane Swim 2:30-3:30 Community Rental 4:00-5:30 Swim Lessons Whirlpool and Sauna Closed 5:45-7:30
	GYM Body Fit 9:15 -10:00 Healthy Hearts	### HIIT 9:15-10:00 Muscle Fit 10:15-11:00 Walk Fit 11:15-12:00 Open Pickleball and Basketball 1:2:15-1:00 ½ Gym each Pickleball 1:00-3:00 Open Basketball 3:15-4:30 Little Tumblers 4-7 YRS 5:00-5:45 Soccer LVL 16-12 YRS 6:00-7:00 Soccer LVL 26-12 YRS 7:00-8:00 Gym Studie Studie 8:30-9:30 Full Court Body Fit 9:15-10:00 Healthy Hearts	HillT 9:15-10:00 Muscle Fit 10:15-11:00 Walk Fit 11:15-12:00 Open Pickleball and Basketball 12:15-1:00 ½ Gymeach Pickleball 10:0-2:00 Open Basketball 3:15-4:30 Little Tumblers 4-7 YRS 5:00-5:45 Soccer LVL 16-12 YRS 6:00-7:00 Soccer LVL 26-12 YRS 7:00-7:45 8:00-7:45 Title Tumblers 4-7 YRS 5:00-5:45 Soccer LVL 16-12 YRS 7:00-7:45 7:00-7:45 Soccer LVL 16-12 YRS 7:00-7:45 7:00-7:45 Socker LVL 26-12 YRS 7:00-7:45 7:00-7:45 Socker LVL 16-12 YRS 7:00-7:45 7:00-7:45 7:00-7:45 Socker LVL 16-12 YRS 7:00-7:45 7:00-7:45 7:00-7:45 7:00-7:45 7:00-7:45 7:00-7:45 7:00-7:45 7:00-7:45 7:00-7:45 7:00-7:45 7:00-7:45 7:00-7:45 7:00-7:45 7:00-7:45 7:00-7:45 7:00-7:45 7:00-7:45 7:00-7:45 7:00-7:45	HillT 913-1000	HIT 915-1000 WusdeFit 1015-1135 1015-1135 1015-1130 Wuskrit 11:15-1200	Hill 915-1000 Muscle File 1015-11100 Yoga Y

MONDAY

TUESDAY								
	GYM	STUDIO	ABROOM	COMMUNITY ROOM	COMMUNITY ROOM B	RAQUETBALL COURTS	POOL	
6:00 AM								
6:30 AM							6:00-7:30 Community Rent	
7:00 AM							Corruinariley Heric	
7:30 AM								
8:00 AM								
8:30 AM								
9:00 AM	Body Fit	Cycle Fit				_		
9:30 AM	9:15-10:00	9:15 -10:00						
10:00 AM	Low Impact		Countly Fig.				Lane Swim 7:30 -1:00	
10:30 AM	10:15 -11:00		Gentle Fit 10:15 - 11:00					
11:00 AM	Healthy Hearts		10.15 11.00					
11:30 AM	11:30-12:00					Open Courts 6:00 - 5:30		
12:00 PM						0.00-5.50		
12:30 PM			Healthy Hearts					
1:00 PM			12:30-1:00					
1:30 PM			Cognitive Groove				Hydrotherapy	
2:00 PM	Homeschool Program		1:30-2:30				1:15 -2:00	
2:30 PM	6-12 YRS 1:30-3:00							
3:00 PM	1.50 5.00					-	Lane Swim 2:30-3:30	
3:30 PM							2.30-3.30	
4:00 PM	Open Basketball 3:15-4:30							
4:30 PM	. 3.13- 4. 30						Community Ren	
5:00 PM	Soccer LVL 1 3-5YRS			Zumba Kids JR 4-7 YRS			4:00 -5:30	
5:30 PM	5:00-5:45		Community Rental	5:00 -5:45				
6:00 PM		TRX	5:30 - 7:00	Zumba 8-12 YRS		Leauge	Continue I area	
6:30 PM	Floor Hockey 6-12 YRS	6:00 - 7:00		6:00-6:45		5:30-7:00	Swim Lessons Whirlpool and Sa	
7:00 PM	6:00 -7:00						Closed	
7:30 PM	Zumba		Yoga				5:45 -7:30	
8:00 PM	7:15-8:15	Triathlon	7:00 -8:30				1- 6 :	
8:30 PM		8:00-8:30				Open Courts	Lane Swim 7:45 -9:15	
9:00 PM	Open Basketball					7:00 -9:30	Triathlon 1 Lan	
9:30 PM	8:30-9:30						7:30-8:00	

	FRIDAY							
	GYM	STUDIO	AB ROOM	COMMUNITY ROOM	COMMUNITY ROOM B	RAQUETBALL COURTS	POOL	
6:00 AM							6:00-7:30	
6:30 AM							Community Rental	
7:00 AM							<u> </u>	
7:30 AM							7:30-9:00	
8:00 AM							Lane Swim	
8:30 AM								
9:00 AM	Muscle Fit		Line Dancing				Aquafit	
9:30 AM	9:15 -10:00		9:15 -10:00				9:15 - 10:00	
10:00 AM	Low Impact		Yoga					
0:30 AM	10:15 -11:00		10:15 - 11:45					
1:00 AM								
1:30 AM								
12:00 PM							Lane Swim	
12:30 PM							10:30 -2:30	
1:00 PM	Pickleball							
1:30 PM	12:00-3:00					Open Courts 6:00-9:30		
2:00 PM								
2:30 PM							Open Swim	
3:00 PM							2:30-3:30	
3:30 PM								
4:00 PM								
4:30 PM						_		
5:00 PM						-	Community Rental	
5:30 PM							4:00 -7:00	
6:00 PM	Open Basketball							
6:30 PM	3:15 - 9:30							
7:00 PM								
7:30 PM							Open Swim 1/2	
8:00 PM							Open Swim 1/2 Lane Swim1/2	
3:30 PM							7:30 -9:15	
9:00 PM								
0.20					1			

WEDNESDAY COMMUNITY ROOM COMMUNITY ROOM B RAQUETBALL COURTS **POOL** STUDIO 6:00 AM 6:00 - 7:30 6:30 AM Community Rental 7:00 AM 7:30 AM 7:30 -9:00 8:00 AM Lane Swim 8:30 AM 9:00 AM 20/20/20 9:15-10:15 9:30 AM 9:15 - 10:00 10:00 AM 10:30 AM 11:00 AM 11:15 -12:00 11:30 AM Open Courts Lane Swim 6:00 - 5:30 12:00 PM en Pickleball and Basketbal In Motion Education 10:30 - 2:00 12:15 - 1:00 1/2 Gym each 12:00 - 1:00 12:30 PM 1:00 PM 1:30 PM Pickleball 1:00 -3:00 2:00 PM Open Swim 2:00 - 3:00 2:30 PM 3:00 PM 3:00 -4:00 Community Rental 3:30 PM 4:00 PM Open Basketball 4:00 -5:30 3:15 - 5:30 4:30 PM Community Rental 5:00 PM Art Sparks 3-5 YRS Community Rental 5:00 - 5:45 5:30 PM 5:30-6:45 Swim Lessons 6:00 PM Art Sparks 6-12 YRS orts Adventure 6-12 YRS Whirlpool and Sauna 6:30 PM Closed 7:00 PM 5:45-7:30 7:00 - 7:45 7:00 -8:00 7:30 PM 7:00-7:45 8:00 PM Pilates/Yoga Aqua Zumba 7:30-8:10 8:30 PM Open Pick UP Basketball 8:00-9:30 Full Court 9:00 PM 8:15*-*9:15 Community Rental 9:30 PM

	SATURDAY								
	GYM	STUDIO	AB ROOM	COMMUNITY ROOM	COMMUNITY ROOM B	RAQUETBALL COURTS	POOL		
8:00 AM		TRX					Lane Swim		
8:30 AM		8:15-9:00		Community Rental		Open Courts	8:00-9:15		
9:00 AM	Basketball FUND 6-9 YRS	Cycle Fit		8:00 - 10:15		8:00-10:00			
9:30 AM	9:00-10:00	9:15 -10:00							
10:00 AM	Basketball FUND 3-5 YRS	Core Fit			Brain Builders 6-12 YRS				
10:30 AM	10:15 -11:00	10:15 -11:00	Zumba		10:00 11:00	Clinics 6-9 YRS 10:00-1100	Swim Lessons Whirlpool and Sauna		
11:00 AM	Basketball FUND 10-12 YRS		10:30 -11:30						
11:30 AM	11:15 - 12:15				Brain Builders 3-5 YRS	Clinics 10-12 YRS	Closed 9:30 -1:00		
12:00 PM					11:15 -12:00	10:00 -12:00	9.50-1.00		
12:30 PM									
1:00 PM									
1:30 PM	Birthday Parties			Birthday Parties					
2:00 PM	1:00 -3:00			1:00-3:00			Family Swim		
2:30 PM						Open Courts	1:15 -3:00		
3:00 PM						12:00-5:30			
3:30 PM	Open Basketball								
4:00 PM	3:00 -5:15						Lane Swim		
4:30 pm							3:15 -5:15		
5:00 pm									
5:30 pm									

SUNDAY									
	GYM	STUDIO	AB ROOM	И	COMMUNITY ROOM	COMMUNITY ROOM B	RAQUETBALL COURTS	POOL	
8:00 AM								Lane Swim 8:00 -9:15	
8:30 AM									
9:00 AM	Karate FUND 6-12 YRS		Yoga						
9:30 AM	9:00-9:45	Fr. d Cd. F4	9:15-10:1	5					
10:00 AM	Karate FUND 6-12 YRS	Endurance CycleFit 9:30-11:00 *Seasonal*	Strong Nation				_		
10:30 AM	10:00 - 10:45		10:30-11:1	15				Swim Lessons	
1:00 AM	Karate 10-16 YRS							Whirlpool and Sauna	
11:30 AM	Teen/Advanced				Advance Aquatics 11:00-1:00			Closed 9:30-1:00	
12:00 PM	11:00-11:45							9.50-1.00	
12:30 PM							Open Courts		
1:00 PM							8:00 -4:00		
1:30 PM	Open Basketball							Advance Aquatics	
2:00 PM	12:00 - 3:45							1:15 -2:45	
2:30 PM									
3:00 PM								Open /Lane Swim	
3:30 PM								2:45 -3:45	
4:00 PM									
Registe	ered Programs	Open Gym/ O	pen Swim		Drop In Recreatio	nal Sports	Livewell Registe	red Programs	
Drop Ir	In Group Fitness Community Rentals Drop In Livewell Program								

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

FACILITY HOURS Mon - Fri: 6:00am - 9:30pm - POOL opens at 7:30 am Saturday: 8:00am - 5:30pm Sunday: 8:00am - 4:00pm Sauna & whirlpool closed during Swim Lessons Whirlpool closed second Tuesday of each month for cleaning.

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