



Ron Edwards Family YMCA • December 22, 2025 - January 4, 2026

HOLIDAY SCHEDULE

Monday December 22, 2024 6:00 am - 9:30 pm						
	GYM	STUDIO	AB ROOM	COMMUNITY ROOM	RAQUETBALL COURTS	POOL
6:00 AM					Open 6:00 - 9:30	6:00 -7:30 Community Rental
6:30 AM						
7:00 AM						
7:30 AM						7:30 -9:00 Lane Swim
8:00 AM						
8:30 AM						
9:00 AM	HIIT 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	Child and Youth Winter ½ Day Program 9:00 -12:00		
10:30 AM						
11:00 AM	WalkFit 11:15 - 12:00					
11:30 AM						Lane Swim 10:30 -2:00 CY Program 1 Lane 11:00 -12:00
12:00 PM	Open Pickdeball and Basketball					
12:30 PM	12:15 -1:00 1/2 Gym each					
1:00 PM						
1:30 PM	Picdeball 1:00 -3:00					
2:00 PM						
2:30 PM						Open Swim 2:00 -4:00
3:00 PM						
3:30 PM						
4:00 PM				Community Rental 3:45 - 5:45		4:00 -5:30 Community Rental
4:30 PM						
5:00 PM						
5:30 PM	Open Basketball 3:15 -8:00					
6:00 PM						Family Swim 5:45 -7:30
6:30 PM						
7:00 PM		Cycle Fit Train 7:00 -7:45 Seasonal	Body Fit 7:00 -7:45			
7:30 PM						AquaFit High Intensity 7:30 -8:10
8:00 PM						
8:30 PM						Lane Swim 8:15 -9:15
9:00 PM	Open Pickup Basketball Full Court 8:30 -9:30					
9:30 PM						

Tuesday December 23, 2025 6:00 am -9:30 pm						
	GYM	STUDIO	AB ROOM	COMMUNITY ROOM	RAQUETBALL COURTS	POOL
6:00 AM					Open 6:00 -9:30	6:00 -7:30 Community Rental
6:30 AM						
7:00 AM						
7:30 AM						
8:00 AM						
8:30 AM						
9:00 AM	Body Fit 9:15 -10:00	Cycle Fit 9:15 -10:00				
9:30 AM						
10:00 AM	Low Impact 10:15 -11:15		Gentle Fit 10:15 - 11:00	Child and Youth Winter ½ Day Program 9:00 -12:00		
10:30 AM						
11:00 AM						
11:30 AM	Healthy Hearts 11:30 -12:00					
12:00 PM						Lane Swim 7:30 -1:00 CY Program 1 Lane 11:00 -12:00
12:30 PM			Healthy Hearts 12:30 -1:00			
1:00 PM						
1:30 PM						Hydrotherapy 1:15 -2:00
2:00 PM						
2:30 PM						Lane Swim 2:30 -3:30
3:00 PM						
3:30 PM						
4:00 PM	Open Gym 2:00 -6:30					
4:30 PM						Community Rental 4:00 -5:30
5:00 PM						
5:30 PM						
6:00 PM		TRX 6:00 -7:00				Family Swim 5:45 - 7:00
6:30 PM						
7:00 PM	Zumba 7:15 -8:15		Yoga 7:00 -8:00			
7:30 PM						
8:00 PM						
8:30 PM	Open Basketball 8:30 -9:30					Lane Swim 7:00 -9:15
9:00 PM						
9:30 PM						

Wednesday December 24, 2025 6:00 am -2:00 pm						
	GYM	STUDIO	AB ROOM	COMMUNITY ROOM	RAQUETBALL COURTS	POOL
6:00 AM						
6:30 AM						
7:00 AM						
7:30 AM						
8:00 AM						
8:30 AM						
9:00 AM						
9:30 AM						
10:00 AM	Open 6:00 -2:00			Child and Youth Winter ½ Day Program 9:00 -12:00	Open 6:00 -2:00	Lane Swim 7:30 - 11:00
10:30 AM						
11:00 AM						
11:30 AM						
12:00 PM						
12:30 PM						
1:00 PM						Family Swim 11:00 - 1:45
1:30 PM						
2:00 PM						

Thursday December 25, 2025 CLOSED						
	GYM	STUDIO	AB ROOM	COMMUNITY ROOM	RAQUETBALL COURTS	POOL

Friday December 26, 2025 8:00 am -4:00 pm						
	GYM	STUDIO	AB ROOM	COMMUNITY ROOM	RAQUETBALL COURTS	POOL
6:00 AM						
6:30 AM						
7:00 AM						
7:30 AM						
8:00 AM						
8:30 AM						
9:00 AM		Cycle Fit 9:15 -10:00				
9:30 AM						
10:00 AM						
10:30 AM						
11:00 AM						
11:30 AM						
12:00 PM	Open 8:00 - 4:00					Lane Swim 8:00 - 12:00
12:30 PM						
1:00 PM						
1:30 PM						
2:00 PM						
2:30 PM						
3:00 PM						
3:30 PM						
4:00 PM						

Saturday December 27, 2025 8:00am -5:30 pm						
	GYM	STUDIO	AB ROOM	COMMUNITY ROOM	RAQUETBALL COURTS	POOL
8:00 AM		TRX 8:15 -9:00				
8:30 AM						
9:00 AM		Cycle Fit 9:15 -10:00				
9:30 AM						
10:00 AM						
10:30 AM		Core Fit 10:15 -11:00	Zumba 10:30 -11:30			
11:00 AM						
11:30 AM						
12:00 PM						
12:30 PM						
1:00 PM	Open Gym 8:00 -5:00					
1:30 PM						
2:00 PM						
2:30 PM						
3:00 PM						
3:30 PM						
4:00 PM						
4:30 PM						
5:00 PM						
5:30 PM						

Sunday December 28, 2025 8:00 -4:00 pm						
	GYM	STUDIO	AB ROOM	COMMUNITY ROOM	RAQUETBALL COURTS	POOL
8:00 AM						
8:30 AM						
9:00 AM						Lane Swim 8:00 -10:00
9:30 AM			Yoga 9:15 -10:15			
10:00 AM		Endurance Cycle 9:30 -11:00 Seasonal	Strong Nation 10:30 -11:15			
10:30 AM						
11:00 AM						
11:30 AM						
12:00 PM	Open Gym 8:00 -4:00				Open 8:00 -4:00	Family Swim 10:00 -12:00
12:30 PM						
1:00 PM						
1:30 PM						
2:00 PM						
2:30 PM						
3:00 PM						
3:30 PM						
4:00 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



Ron Edwards Family YMCA • December 22, 2025 - January 4, 2026

HOLIDAY SCHEDULE

Monday December 29, 2025 6:00 am -9:30 pm						
	GYM	STUDIO	AB ROOM	COMMUNITY ROOM	RAQUETBALL COURTS	POOL
6:00 AM					Open 6:00-9:30	6:00-7:30 Community Rental
6:30 AM						
7:00 AM						
7:30 AM						7:30-9:00 Lane Swim
8:00 AM						
8:30 AM						
9:00 AM	HITT 9:15-10:00					Aquaft 9:15-10:00
9:30 AM						
10:00 AM	Muscle Fit 10:15-11:00		Yoga 10:15-11:45			
10:30 AM						Lane Swim 10:30-2:00
11:00 AM	WalkFit 11:15-12:00					
11:30 AM						
12:00 PM	Open Pickleball and Basketball					
12:30 PM	12:15-1:00 1/2 Gym each					
1:00 PM	Pickleball 1:00-3:00					
1:30 PM						
2:00 PM						
2:30 PM						
3:00 PM	Open Basketball 3:15-8:00					Open/Lane Swim 2:00-4:00
3:30 PM						
4:00 PM						Community Rental 4:00-7:00
4:30 PM						
5:00 PM						
5:30 PM						
6:00 PM						
6:30 PM						
7:00 PM		Cycle Fit Train 7:00-7:45 Seasonal	BodyFit 7:00-7:45			
7:30 PM						
8:00 PM						Aquaft High Intensity 7:30-8:10
8:30 PM	Open Pickup Basketball Full Court 8:30-9:30					Lane Swim 8:15-9:15
9:00 PM						
9:30 PM						

Tuesday December 30, 2025 6:00 am -9:30 pm					
	GYM	STUDIO	AB ROOM	COMMUNITY ROOM	POOL
6:00 AM					6:00-7:30 Community Rental
6:30 AM					
7:00 AM					LaneSwim 7:30-1:00 CY Program 1 Lane 11:00-12:00
7:30 AM					
8:00 AM					
8:30 AM					
9:00 AM	Body Fit 9:15-10:00	Cycle Fit 9:15-10:00			
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					
12:30 PM			Healthy Hearts 12:30-1:00		
1:00 PM					
1:30 PM					Hydrotherapy 1:15-2:00
2:00 PM	Open Gym 2:00-6:30				LaneSwim 2:30-3:30
2:30 PM					
3:00 PM					
3:30 PM					
4:00 PM					Community Rental 4:00-7:00
4:30 PM					
5:00 PM					
5:30 PM					
6:00 PM		TRX 6:00-7:00		Community Rental 5:30-7:00	
6:30 PM					
7:00 PM	Zumba 7:15-8:15		Yoga 7:00-8:30		LaneSwim 7:00-9:15
7:30 PM					
8:00 PM					
8:30 PM	Open Basketball 8:30-9:30				
9:00 PM					
9:30 PM					

Wednesday December 31, 2025 6:00 am -2:00 pp						
	GYM	STUDIO	AB ROOM	COMMUNITY ROOM	RAQUETBALL COURTS	POOL
6:00 AM	Open 6:00-2:00				Open 6:00-2:00	
6:30 AM						
7:00 AM						
7:30 AM						
8:00 AM						Lane Swim 7:30-11:00
8:30 AM						
9:00 AM						
9:30 AM						
10:00 AM						
10:30 AM						
11:00 AM						
11:30 AM						
12:00 PM						Family Swim 11:00-1:45
12:30 PM						
1:00 PM						
1:30 PM						
2:00 PM						

Thursday January 1, 2026 12:00 pm -4:00 pm						
	GYM	STUDIO	AB ROOM	COMMUNITY ROOM	RAQUETBALL COURTS	POOL
12:00 PM	Open Gym 12:00-4:00				Open 12:00-4:00	Open/Lane Swim 12:00-2:00
12:30 PM						
1:00 PM						
1:30 PM						
2:00 PM						Lane Swim 2:00-3:45
2:30 PM						
3:00 PM						
3:30 PM						
4:00 PM						

Friday January 2, 2026 6:00 am -9:30 pm						
	GYM	STUDIO	AB ROOM	COMMUNITY ROOM	RAQUETBALL COURTS	POOL
6:00 AM					Open 6:00-9:30	6:00-7:30 Community Rental
6:30 AM						
7:00 AM						
7:30 AM						
8:00 AM						LaneSwim 7:30-9:00
8:30 AM						
9:00 AM	Muscle Fit 9:15-10:00			Line Dancing 9:15-10:00		Aquaft 9:15-10:00
9:30 AM						
10:00 AM	Low Impact 10:15-11:00		Yoga 10:15-11:45			
10:30 AM						Lane Swim 10:30-2:30
11:00 AM						
11:30 AM						
12:00 PM	Pickleball 12:00-3:00					
12:30 PM						
1:00 PM						
1:30 PM						
2:00 PM	Open Basketball 3:15-9:15					Open Swim 2:30-3:30
2:30 PM						
3:00 PM						Community Rental 4:00-7:00
3:30 PM						
4:00 PM						
4:30 PM						
5:00 PM						
5:30 PM						
6:00 PM						Lane/Open Swim 7:30-9:15
6:30 PM						
7:00 PM						
7:30 PM						
8:00 PM						
8:30 PM						
9:00 PM						
9:30 PM						

Saturday January 3, 2026 8:00 am -5:30 pm						
	GYM	STUDIO	AB ROOM	COMMUNITY ROOM	RAQUETBALL COURTS	POOL
8:00 AM	Open Gym 8:00-1:00	TRX 8:15-9:00			Open 8:00-5:30	LaneSwim 8:00-9:15
8:30 AM						
9:00 AM		Cycle Fit 9:15-10:00				
9:30 AM						
10:00 AM						Community Rental 9:30-1:00
10:30 AM			Zumba 10:30-11:30			
11:00 AM						
11:30 AM						
12:00 PM						
12:30 PM						
1:00 PM	Open Basketball 1:00-5:15					
1:30 PM						Family Swim 1:15-3:00
2:00 PM						
2:30 PM						
3:00 PM						
3:30 PM						Lane Swim 3:15-5:15
4:00 PM						
4:30 PM						
5:00 PM						
5:30 PM						

Sunday January 4, 2026 8:00 am -4:00 pm						
	GYM	STUDIO	AB ROOM	COMMUNITY ROOM	RAQUETBALL COURTS	POOL
8:00 AM	Open Basketball 8:00-12:30				Open 8:00-4:00	
8:30 AM						
9:00 AM			Yoga 9:15-10:15			Lane Swim 8:00-10:00
9:30 AM						
10:00 AM		Endurance Cycle 9:30-11:00 Seasonal	Strong Nation 10:30-11:15			Family Swim 10:00-12:00
10:30 AM						
11:00 AM						
11:30 AM						
12:00 PM	Open Basketball 12:30-3:30					Open/LaneSwim 12:00-3:45
12:30 PM						
1:00 PM						
1:30 PM						
2:00 PM						
2:30 PM						
3:00 PM						
3:30 PM						
4:00 PM						

Holiday Hours

Christmas Eve 6:00 am - 2:00 pm

Christmas Day Closed

Boxing Day 8:00 am -4:00 pm

New Years Eve 6:00 am -2:00 pm

New Years Day 12:00 pm -4:00 pm