



Schedule at a Glance - Ron Edwards Family YMCA

April 7, 2026 to June 28, 2026

MONDAY							
	GYM	STUDIO	AB ROOM	COMMUNITY ROOM	COMMUNITY ROOM B	RAQUETBALL COURTS	POOL
6:00 AM							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	HIT 9:15-10:00						AquaFit 9:15-10:00
9:30 AM	MuscleFit 10:15-11:00		Yoga 10:15-11:45				
10:00 AM							
10:30 AM	WalkFit 11:15-12:00						Lane Swim 10:30-2:00
11:00 AM							
11:30 AM	Open Pickleball and Basketball 12:15-1:00 1/2 Gym each						
12:00 PM							
12:30 PM	Pickleball 1:00-3:00		Balance+ 1:00-2:00				
1:00 PM							
1:30 PM							
2:00 PM	Open Basketball 3:15-4:30						Open Swim 2:00-3:45
2:30 PM							
3:00 PM							
3:30 PM							
4:00 PM							
4:30 PM							4:00-5:30 Community Rental
5:00 PM	Little Tumblers 4-7 YRS 5:00-5:45						
5:30 PM	Soccer LVL 1 6-9 YRS 6:00-7:00		Back to Living Well 5:30-6:30				Swim Lessons Whirlpool and Sauna Closed 5:45-7:30
6:00 PM	Soccer LVL 2 10-12 YRS 7:00-8:00		Cardio Kickboxing 7:00-7:45				
6:30 PM							
7:00 PM							
7:30 PM							
8:00 PM							AquaFit High Intensity 7:30-8:10
8:30 PM	Open Pick Up Basketball 8:30-9:30 Full Court						8:15-9:15 Community Rental
9:00 PM							
9:30 PM							

TUESDAY							
	GYM	STUDIO	AB ROOM	COMMUNITY ROOM	COMMUNITY ROOM B	RAQUETBALL COURTS	POOL
6:00 AM							6:00-7:30 Community Rental
6:30 AM							
7:00 AM							
7:30 AM							
8:00 AM							
8:30 AM							
9:00 AM	BodyFit 9:15-10:00	CycleFit 9:15-10:00					
9:30 AM							
10:00 AM	Low Impact 10:15-11:00						Lane Swim 7:30-1:00
10:30 AM							
11:00 AM	Healthy Hearts 11:30-12:00						
11:30 AM							
12:00 PM							
12:30 PM							
1:00 PM							
1:30 PM							
2:00 PM	Homeschool Program 6-12 YRS 1:30-3:00						Hydrotherapy 1:15-2:00
2:30 PM							
3:00 PM	Open Basketball 3:15-4:30						Lane Swim 2:30-3:30
3:30 PM							
4:00 PM							
4:30 PM							Community Rental 4:00-5:30
5:00 PM	Soccer LVL 1 3-5 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					Swim Lessons Whirlpool and Sauna Closed 5:45-7:30
6:30 PM							
7:00 PM							
7:30 PM	Zumba 7:15-8:15						
8:00 PM							
8:30 PM	Open Basketball 8:30-9:30	Triathlon 8:00-8:30 till April 28th					Lane Swim 7:45-9:15 Triathlon 1 Lane 7:30-8:00 till April 28th
9:00 PM							
9:30 PM							

WEDNESDAY							
	GYM	STUDIO	AB ROOM	COMMUNITY ROOM	COMMUNITY ROOM B	RAQUETBALL COURTS	POOL
6:00 AM							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	30/30 9:15-10:15						AquaFit 9:15-10:00
9:30 AM							
10:00 AM							
10:30 AM							
11:00 AM	WalkFit 11:15-12:00						
11:30 AM							
12:00 PM	Open Pickleball and Basketball 12:15-1:00 1/2 Gym each						Lane Swim 10:30-2:00
12:30 PM							
1:00 PM							
1:30 PM	Pickleball 1:00-3:00						Open Swim 2:00-3:00
2:00 PM							
2:30 PM							
3:00 PM							3:00-4:00 Community Rental
3:30 PM							
4:00 PM	Open Basketball 3:15-5:30						4:00-5:30 Community Rental
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						Swim Lessons Whirlpool and Sauna Closed 5:45-7:30
6:30 PM							
7:00 PM							
7:30 PM							
8:00 PM							
8:30 PM	Open Pick UP Basketball 8:00-9:30 Full Court						Open Swim 7:30-8:10
9:00 PM							8:15-9:15 Community Rental
9:30 PM							

THURSDAY							
	GYM	STUDIO	AB ROOM	COMMUNITY ROOM	COMMUNITY ROOM B	RAQUETBALL COURTS	POOL
6:00 AM							6:00-7:30 Community Rental
6:30 AM							
7:00 AM							
7:30 AM							
8:00 AM							
8:30 AM							
9:00 AM	BodyFit 9:15-10:00	CycleFit 9:15-10:00					Lane Swim 7:30-1:00
9:30 AM							
10:00 AM							
10:30 AM							
11:00 AM							
11:30 AM	Healthy Hearts 11:30-12:00						
12:00 PM							
12:30 PM							
1:00 PM							
1:30 PM							
2:00 PM	Open Basketball 1:00-4:30						Hydrotherapy 1:15-2:00
2:30 PM							Lane Swim 2:30-3:30
3:00 PM							
3:30 PM							
4:00 PM							
4:30 PM							Community Rental 4:00-5:30
5:00 PM							
5:30 PM							
6:00 PM	Dodgeball 10-12 YRS 6:00-7:00						Swim Lessons Whirlpool and Sauna Closed 5:45-7:30
6:30 PM							
7:00 PM	Zumba 7:15-8:15	CycleFit VIBES 7:15-8:00					Lane Swim 1/2 Adult and H2O Lessons 1/2 7:45-9:15
7:30 PM							
8:00 PM							
8:30 PM	Open Basketball 8:30-9:30						
9:00 PM							
9:30 PM							

FRIDAY							
	GYM	STUDIO	AB ROOM	COMMUNITY ROOM	COMMUNITY ROOM B	RAQUETBALL COURTS	POOL
6:00 AM							6:00-7:30 Community Rental
6:30 AM							
7:00 AM							
7:30 AM							
8:00 AM							
8:30 AM							
9:00 AM	MuscleFit 9:15-10:00						Lane Swim 7:30-1:00
9:30 AM							
10:00 AM	Low Impact 10:15-11:00						
10:30 AM							
11:00 AM							
11:30 AM							
12:00 PM							
12:30 PM							
1:00 PM							
1:30 PM	Pickleball 12:00-3:00						Hydrotherapy 1:15-2:00
2:00 PM							Lane Swim 10:30-2:30
2:30 PM							
3:00 PM							Open Swim 2:30-3:30
3:30 PM							
4:00 PM							
4:30 PM							
5:00 PM							Community Rental 4:00-7:00
5:30 PM							
6:00 PM	Open Basketball 3:15-9:30						
6:30 PM							
7:00 PM							
7:30 PM							
8:00 PM							
8:30 PM							
9:00 PM							
9:30 PM							

SATURDAY							
	GYM	STUDIO	AB ROOM	COMMUNITY ROOM	COMMUNITY ROOM B	RAQUETBALL COURTS	POOL
8:00 AM	Community Rental 8:00-9:00	TRX 8:15-9:00					Lane Swim 8:00-9:15
8:30 AM							
9:00 AM	Basketball FUND 6-9 YRS 9:00-10:00	CycleFit 9:15-10:00					Open Courts 8:00-10:00
9:30 AM							
10:00 AM	Basketball FUND 3-5 YRS 10:15-11:00	Core Fit 10:15-10:45					
10:30 AM							
11:00 AM	Basketball FUND 10-12 YRS 11:15-12:15						Discovery Den 6-9 YRS 10:00-11:00
11:30 AM							Clinics 6-9 YRS 10:00-11:00
12:00 PM							Discovery Den 3-5 YRS 11:15-12:00
12:30 PM							Clinics 10-12 YRS 10:00-12:00
1:00 PM							
1:30 PM	Birthday Parties 1:00-3:00						
2:00 PM							
2:30 PM							
3:00 PM	Open Basketball 3:00-5:15						Open Courts 12:00-5:30
3:30 PM							
4:00 PM							
4:30 PM							
5:00 PM							
5:30 PM							

SUNDAY							
	GYM	STUDIO	AB ROOM	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 9:00-9:45						
9:30 AM							
10:00 AM	Karate FUND 6-12 YRS 10:00-10:45						
10:30 AM							
11:00 AM	Karate 10-16 YRS Teen/Advanced 11:00-11:45						Swim Lessons Whirlpool and Sauna Closed 9:30-1:00
11:30 AM							
12:00 PM							
12:30 PM							
1:00 PM							
1:30 PM							
2:00 PM	Open Basketball 12:00-3:45						Open Family Swim 1:15-2:45
2:30 PM							
3:00 PM							
3:30 PM							
4:00 PM							Open/Lane Swim 2:45-3:45

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

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

 Registered Programs</
