



# Schedule at a Glance - Ron Edwards Family YMCA

## June 29<sup>th</sup> to September 6, 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	Open Gym 6:00-9:00						
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							
10:00 AM	Muscle Fit 10:15-11:00						
10:30 AM			Yoga 10:15-11:45				
11:00 AM	Walk Fit 11:15-12:00						1/2 Community Rental 1/2 Lane Swim 10:30-11:30
11:30 AM							
12:00 PM	Open Pickleball and Open Gym 12:15-1:00 1/2 Gym each						
12:30 PM							Lane and Open Swim 11:30-2:00
1:00 PM							
1:30 PM	Pickleball 1:00-3:00					Open Courts 6:00-9:30	
2:00 PM							
2:30 PM							Community Rental 2:00-3:45
3:00 PM							
3:30 PM	Open Gym 3:15-4:30						
4:00 PM							4:00-5:30 Community Rental June 29 <sup>th</sup> to July 27 <sup>th</sup> Open Swim July 28 <sup>th</sup> to Sep 6 <sup>th</sup>
4:30 PM							
5:00 PM	Soccer LVL 1 6-9 YRS 5:00-6:00		Back to Living Well 5:30-6:30	Youth Strength and Conditioning 9-12 YRS 6:00-6:45 Starting June 29 <sup>th</sup>			Swim Lessons Whirlpool and Sauna Closed 5:45-7:30
5:30 PM	Soccer LVL 1 6-9 YRS 6:00-7:00			VIPER 7:15-8:00			
6:00 PM							
6:30 PM	Soccer LVL 2 10-12 YRS 7:00-8:00						AquaFit High Intensity 7:30-8:10
7:00 PM							
7:30 PM							8:15-9:15 Lane Swim
8:00 PM							
8:30 PM	Open Pick Up Basketball 8:30-9:30						
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	Open Gym 6:00-9:00						
7:30 AM							
8:00 AM				VIPER 8:15-9:00			
8:30 AM							
9:00 AM	Body Fit 9:15-10:00						
9:30 AM		Cycle Fit 9:15-10:00					
10:00 AM	Low Impact 10:15-11:00						
10:30 AM				Gentle Fit 10:15-11:00			
11:00 AM							1/2 Community Rental 1/2 Lane Swim 10:30-11:30
11:30 AM	Healthy Hearts 11:30-12:00						
12:00 PM							Lane Swim 11:30-1:00
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 12:30-4:30					Open Courts 6:00-9:30	
2:30 PM							Lane and Open Swim 2:30-3:30
3:00 PM							
3:30 PM							
4:00 PM							4:00-5:30 Community Rental June 29 <sup>th</sup> to July 27 <sup>th</sup> Open Swim July 28 <sup>th</sup> to Sep 6 <sup>th</sup>
4:30 PM							
5:00 PM	Soccer LVL 1 3-5 YRS 5:00-5:45						Swim Lessons Whirlpool and Sauna Closed 5:45-7:30
5:30 PM							
6:00 PM							
6:30 PM	Floor Hockey 10-2 YRS 6:00-7:00	TRX 6:00-7:00					
7:00 PM							
7:30 PM	Zumba 7:15-8:15			Yoga 7:00-8:30			
8:00 PM							
8:30 PM	Open Basketball 8:30-9:30						Lane Swim 7:45-9:15
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	Open Gym 6:00-9:00						
7:30 AM							
8:00 AM							
8:30 AM							
9:00 AM							
9:30 AM	30/30 9:15-10:15						AquaFit 9:15-10:00
10:00 AM							
10:30 AM							
11:00 AM	Walk Fit 11:15-12:00						1/2 Community Rental 1/2 Lane Swim 10:30-11:30
11:30 AM				Chair Yoga 10:30-11:30			
12:00 PM	Open Pickleball and Gym 12:15-1:00 1/2 Gym each						
12:30 PM							Lane and Open Swim 11:30-2:00
1:00 PM							
1:30 PM	Pickleball 1:00-3:00					Open Courts 6:00-9:30	
2:00 PM							
2:30 PM							Community Rental 2:00-3:45
3:00 PM							
3:30 PM	Open Gym 3:15-5:30						
4:00 PM							4:00-5:30 Community Rental June 29 <sup>th</sup> to July 27 <sup>th</sup> Open Swim July 28 <sup>th</sup> to Sep 6 <sup>th</sup>
4:30 PM							
5:00 PM							
5:30 PM				Back to Living Well 5:30-6:45			Swim Lessons Whirlpool and Sauna Closed 5:45-7:30
6:00 PM	Sports Adventure 6-9 Yrs and 10-12 YRS 6:00-7:00			Youth Strength and Conditioning 9-12 YRS 6:00-6:45 Starting June 29 <sup>th</sup>			
6:30 PM							
7:00 PM							
7:30 PM							
8:00 PM							
8:30 PM	Open Pick UP Basketball 7:30c-9:30						Open Swim 7:30-8:10
9:00 PM							Lane Swim 8:15-9:15
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	Open Gym 6:00-9:00						
7:30 AM			TRX 7:00-7:45				
8:00 AM							
8:30 AM							
9:00 AM	Body Fit 9:15-10:00						
9:30 AM							
10:00 AM							
10:30 AM				Gentle Fit 10:15-11:00			
11:00 AM							1/2 Community Rental 1/2 Lane Swim 10:30-11:30
11:30 AM	Healthy Hearts 11:30-12:00						
12:00 PM							Lane Swim 11:30-1:00
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	Open Gym 1:00-5:30						Lane and Open Swim 2:30-3:30
3:00 PM							
3:30 PM							
4:00 PM							4:00-5:30 Community Rental June 29 <sup>th</sup> to July 27 <sup>th</sup> Open Swim July 28 <sup>th</sup> to Sep 6 <sup>th</sup>
4:30 PM							
5:00 PM				Karate FUND 6-12 YRS 5:00-5:45			Swim Lessons Whirlpool and Sauna Closed 5:45-7:30
5:30 PM				Karate FUND 6-12 YRS 6:00-6:45			
6:00 PM	Dodgeball 10-12 YRS 6:00-7:00			Karate 13-16 YRS Teen/Advanced 7:00-7:45			
6:30 PM							
7:00 PM	Zumba 7:15-8:15						
7:30 PM							
8:00 PM							
8:30 PM	Open Basketball 8:30-9:30						Lane Swim 1/2 Adult and H2O Lessons 1/2 7:45-9:15
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	Open Gym 6:00-9:00						
7:30 AM							
8:00 AM							
8:30 AM							
9:00 AM	Muscle Fit 9:15-10:00						
9:30 AM				Line Dancing 9:00-10:00			
10:00 AM							
10:30 AM	Low Impact 10:15-11:00			Yoga 10:15-11:45			
11:00 AM							
11:30 AM							
12:00 PM							
12:30 PM							
1:00 PM	Pickleball 1:30-3:00						
1:30 PM							
2:00 PM							
2:30 PM							
3:00 PM							
3:30 PM							
4:00 PM							
4:30 PM							
5:00 PM	Open Gym 3:15-7:30						
5:30 PM							
6:00 PM							
6:30 PM							
7:00 PM							
7:30 PM							
8:00 PM							
8:30 PM	Open Pick UP Basketball 7:30-9:30						
9:00 PM							
9:30 PM							

SATURDAY							
	GYM	STUDIO	AB ROOM	COMMUNITY ROOM	COMMUNITY ROOM B	RAQUETBALL COURTS	POOL
8:00 AM	Open Gym 8:00-8:45	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						
9:30 AM							
10:00 AM	Basketball FUND 3-5 YRS 10:15-11:00	Core Fit 10:15-10:45					
10:30 AM			Zumba 10:30-11:30				
11:00 AM							Swim Lessons Whirlpool and Sauna Closed 9:30-1:00
11:30 AM	Basketball FUND 10-12 YRS 11:15-12:15						
12:00 PM							
12:30 PM							
1:00 PM							
1:30 PM							
2:00 PM							
2:30 PM							Family Swim 1:15-3:00
3:00 PM							
3:30 PM							
4:00 PM	Open Gym 3:00-5:15						Lane Swim 3:15-5:15
4:30 PM							
5:00 PM							
5:30 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

### 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.

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			Yoga 9:15-10:15				
10:00 AM	Karate FUND 6-12 YRS 10:00-10:45						
10:30 AM			Strong Nation 10:30-11:15				
11:00 AM							
11:30 AM	Karate 10-16 YRS Teen/Advanced 11:00-11:45						Swim Lessons Whirlpool and Sauna