



MCARTHUR FAMILY YMCA

POOL SCHEDULE

WINTER 2026

MCARTHUR FAMILY YMCA
904.261.1080

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
LAP SWIM 6:00AM-1:00PM 4:00PM-5:00PM 6:00PM-7:00PM	LAP SWIM 8:00AM-1:00PM 4:00PM-7:00PM	LAP SWIM 6:00AM-1:00PM 4:00PM-5:00PM 6:00PM-7:00PM	LAP SWIM 8:00AM-1:00PM 4:00PM-7:00PM	LAP SWIM 6:00AM-1:00PM	LAP SWIM 8:00AM-12:00PM	LAP SWIM 1:00PM-4:00PM
AQUA AEROBICS 8:00AM- 10:00AM (6 LANES)	AQUA AEROBICS 9:00AM-10:00AM (6 LANES) 4:00PM-5:00PM (3 LANES)	AQUA AEROBICS 8:00AM- 10:00AM (6 LANES)	AQUA AEROBICS 9:00AM-10:00AM (6 LANES) 4:00PM-5:00PM (3 LANES)	AQUA AEROBICS 8:00AM- 10:00AM (6 LANES)	AQUA AEROBICS 8:00AM-9:00AM (6 LANES)	
SWIM TEAM 4:00PM-6:00PM (4 LANES)		SWIM TEAM 4:00PM-6:00PM (4 LANES)	SWIM TEAM 4:00PM-6:00PM (4 LANES)			
FAMILY SWIM 10:00AM-1:00PM 6:00PM-7:00PM (2 LANES)	FAMILY SWIM 10:00AM-1:00PM 5:00PM-7:00PM (2 LANES)	FAMILY SWIM 10:00AM-1:00PM 6:00PM-7:00PM (2 LANES)	FAMILY SWIM 10:00AM-1:00PM 5:00PM-7:00PM (2 LANES)	FAMILY SWIM 9:00AM-1PM (2 LANES)	FAMILY SWIM 9:00AM-10:00AM (1 OUTSIDE LANE)	FAMILY SWIM 1:00PM-4:00PM (2 LANES)

AQUATICS AGE GUIDELINES

1. RED SWIM BAND | Non-Swimmer

- If under 12 years old, parent/guardian must be within arm's length.
- If under 5 years old, they may wear a US Coast Guard Personal Floatation device.

2. YELLOW SWIM BAND | Child Has Passed Shallow Water Swim Test

- If under 12 years old, parent/guardian must remain on pool deck. Child may swim in a zone that is armpit-deep or less.

3. GREEN SWIM BAND | Child Has Passed Deep Water Swim Test

- If under 11 years old, parent must remain on pool deck.
- If over 11 years old, parent must be at the facility. Child may swim without parent supervision as long as conduct does not warrant otherwise.

All children under 15 years old **MUST** take a swim test before entering the pool. Swim testing policy is available on the pool deck.

POOL RULES

- Sharing lanes WILL be necessary during peak hours. 1 hour limit lap swim time during peak hours or when people are waiting.
- YMCA WEATHER POLICY: The pool and pool deck will close for thunder and lightning until 30 minutes after the last occurrence.
- POOL IS SUBJECT TO CLOSE WITHOUT NOTICE DUE TO WEATHER OR CHEMICAL IMBALANCE.
- Aqua class participants may enter the pool 5 minutes before class begins. Lap swimmers must exit the pool 5 minutes before classes start.
- Please refrain from excessive phone conversations while on the pool deck, and avoid talking to the Lifeguards while they are on duty.
- Swim lessons are ongoing through out the year and may not be reflected on the schedule.