



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

Summer 2025 Sunshine Pool Schedule – Wilkes Family YMCA

Our pool availability is based on the different programming we have going on in the pool. Please check availability upon arrival. *

*All youth 12 and under must be accompanied by an adult. Pool Hours M-F: 5am-8pm, Saturdays: 8am-6pm, Sundays: 1pm-6pm

MONDAY

START	END	CLASS/GROUP	POOL SPACE USED	POOL SPACE AVAILABLE
8:00a	8:45a	Aqua Energizers	Lap Lanes 1-4 Deep	Lap Lanes 5,6, Sunshine Pool
9:00a	9:45a	Aqua Fit	Sunshine Pool	Lap Pool
10:00a	10:45a	Strength and Stretch	Sunshine Pool	Lap Pool
11:00a	11:45a	Strength and Stretch	Sunshine Pool	Lap Pool
5:00p	7:15p	Swim Lessons	½ Sunshine Pool	½ Sunshine Pool, Lap Lanes 1,2,3

TUESDAY

START	END	CLASS/GROUP	POOL SPACE USED	POOL SPACE AVAILABLE
9:30a	10:15a	Aqua Energizers	Lap Lanes 1,2	Lap Lanes 3,4,5,6, Sunshine pool
5:00p	7:15p	Swim Lessons	Sunshine Pool	Lap Lanes 1,2,3,4,5,6
6:35p	7:20p	Aqua Fit	Lap Lanes 1,2	Lap Lanes 3,4,5,6

WEDNESDAY

START	END	CLASS/GROUP	POOL SPACE USED	POOL SPACE AVAILABLE
8:00a	8:45a	Aqua Energizers	Lap Lanes 1-4	Lap Lanes 5,6/Sunshine Pool
9:00a	9:45a	Aqua Fit	Sunshine Pool	Lap Pool
10:00a	10:45a	Strength and Stretch	Sunshine Pool	Lap Pool
11:00a	11:45a	Strength and Stretch	Sunshine Pool	Lap Pool

THURSDAY

START	END	CLASS/GROUP	POOL SPACE USED	POOL SPACE AVAILABLE
9:00a	10:00a	Volleyball	Sunshine Pool	Lap Pool
5:00p	7:15p	Swim Lessons	½ Sunshine Pool	½ Sunshine Pool
6:35p	7:20p	Aqua Fit	Lap Lanes 1,2	Lap Lanes 3,4,5,6

FRIDAY

START	END	CLASS/GROUP	POOL SPACE USED	POOL SPACE AVAILABLE
7:00a	7:45a	Aqua HITT	Lap Lanes 5,6	Lap Lanes 3,4/Free Swim/Sunshine
8:00a	8:45a	Deep Water Extreme	Lap Lanes 1,2,3	Lap Lanes 4,5,6/Sunshine Pool
9:00a	9:45a	Aqua Fit	Sunshine Pool	Lap Lanes 3,4,5,6/Free Swim Area
10:00a	10:45a	Aqua Basics	Sunshine Pool	Lap Lanes 3,4,5,6/Free Swim Area
11:00a	11:45a	Aqua HIIT	Sunshine Pool	Lap Lanes 3,4,5,6/Free Swim Area

SATURDAY

START	END	CLASS/GROUP	POOL SPACE USED	POOL SPACE AVAILABLE
9:00a	11:00a	Swim Lessons	Sunshine Pool	All Lap Lanes, Free Swim Area