



Large Pool Schedule APRIL 2025

*Reservations are required for all lanes, family swim, and classes. Reservations for lap lanes are 45 minutes in length. Please visit our website oneontaymca.org, or call 607-432-0010 Opt.9 during our morning operating hours 6am-1pm, M-F.

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sun
6:00-6:45	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim		CLOSED ALL DAY
7-7:45	Deep AquaFit/ Laps 2 Lanes	Lap Swim	Deep AquaFit/ Laps 2 Lanes	Lap Swim	Deep AquaFit/ Laps 2 Lanes	Lap Swim	
7:45-8:30	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	7:45-8:30am	
8:30-9:15	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	8:30-9:15am	
9:15-10:00	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Swim Lessons 9:15-12:00	CLOSED ALL DAY
10:00-10:45	Aqua Aerobics No Lap Swim	Aqua Arthritis No Lap Swim	Lap Swim	Aqua Arthritis No Lap Swim	Aqua Aerobics No Lap Swim	Open Swim 4/19 and 4/26	
10:45-11:30	Lap Swim Lane1- Stretch	Lap Swim Lane1- Stretch	Lap Swim	Lap Swim Lane1 - Stretch	Lap Swim Lane1- Stretch		
11:30-12:15	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim		
12:15-1:00	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	12:00-1:45 Lap Swim-1/2	CLOSED ALL DAY
1:00-1:45	Lap Swim <small>(Pool closes @ 1:45pm/ Facility closes promptly @ 2pm)</small>	Lap Swim <small>(Pool closes @ 1:45pm/ Facility closes promptly @ 2pm)</small>	Lap Swim <small>(Pool closes @ 1:45pm/ Facility closes promptly @ 2pm)</small>	Lap Swim <small>(Pool closes @ 1:45pm/ Facility closes promptly @ 2pm)</small>	Lap Swim <small>(Pool closes @ 1:45pm/ Facility closes promptly @ 2pm)</small>	Lap Swim-1/2 Family Swim 12:00-1:45	
1:45-2:00	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	
2:00-4:30	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	
4:30-5:15	Swim Lessons 4:15-5:15	Aqua Fit Shallow 4:30- 5:15pm	Swim Lessons 4:15-5:15	Lap Swim 4:30- 5:15pm	CLOSED	CLOSED	CLOSED ALL DAY
5:15-6:45	Lap Swim-1/2 Family Swim 5:15-6:45	Lap Swim- 5:15-6:45	Lap Swim-1/2 Family Swim 5:15-6:45	Lap Swim 5:15-6:45	CLOSED	CLOSED	



Small Pool Schedule APRIL 2025

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Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sun
9am-12:00	Closed	Closed	Closed	Closed	Closed	Swim Lessons	CLOSED ALL DAY
12:00-2:30	Closed	Closed	Closed	Closed	Closed	Family Swim 12:00-1:45	
2:30-3:30	Cleaning	Cleaning	Cleaning	Cleaning	Cleaning	Open Swim 4/19 and 4/26	
3:30-4:15pm	Closed	Closed	Closed	Closed	Closed	Closed	
4:15-6:45pm	Family Swim 5:15-6:30pm	Swim Lessons 4:15-6:40pm	Family Swim 5:15-6:30pm				

****Schedule is subject to change by Aquatics Staff if needed****

For more info please visit oneontaymca.org or
 Call 607-432-0010 Option 9, during our operating hours:
 Mon-Thurs 5:45am-2pm, Mon-Thurs 4-7pm, Fri 5:45am-2:00pm,
 Sat 7:45am-2pm