



Forest Lake

LAP POOL SCHEDULE

August 18th - August 24th

Monday - 18	Tuesday - 19	Wednesday - 20	Thursday - 21	Friday - 22	Saturday - 23	Sunday - 24	
5:00am - 7:00am Lap Swim (3) Open Swim (1)	5:00am - 7:45am Lap Swim (3) Open Swim (1)	5:00am - 7:00am Lap Swim (3) Open Swim (1)	5:00am - 7:45am Lap Swim (3) Open Swim (1)	5:00am - 7:45am Lap Swim (3) Open Swim (1)	Pool Closed	Pool Closed	
7:00am - 7:55am Water X Class Lap Swim (1)	Safety Break	7:00am - 7:55am Water X Class	Safety Break	Safety Break			
8:00am - 8:55am Water X Class		8:00am - 8:55am Water X Class	8:00am - 8:55am Water X Class	8:00am - 8:55am Water X Class			8:00am - 8:55am Water X Class
9:00am - 9:55am Water X Class	9:00am - 9:55am Water X Class	Safety Break 9:15am - 10:00am Lap Swim (3) Open Swim (1)	9:00am - 9:55am Water X Class	9:00am - 9:55am Water X Class	9:00 - 12:30pm Lap Swim (1) Open Swim (2) Swim Lessons (1)	7:00am - 4:45pm Lap Swim (3) Open Swim (1)	
Safety Break 9:55am - 10:30am	Safety Break 10:15am - 11am Water X Class Lap Swim (2) 11am - 1:00pm	Safety Break 10:15am - 12:00pm	Safety Break 10:15am - 11am Water X Class Lap Swim (2) 11am - 2:45pm	Safety Break 9:55am - 10:30am 10:30 - 11:00am			
10:30 - 1:00pm Lap Swim (3) Open Swim (1)	Lap Swim (3) Open Swim (1)	12:00 - 2:45pm Lap Swim (3) Open Swim (1)	Lap Swim (3) Open Swim (1)	Lap Swim (3) Open Swim (1)			
1:00 pm - 3:00pm Summer Power (2) Lap Swim (2)	1:00 pm - 3:00pm Summer Power (2) Lap Swim (2)	2:45pm - 4:45pm Lap Swim (1) Open Swim (1) LILA (2)	2:45pm - 4:45pm Lap Swim (1) Open Swim (1) LILA (2)	2:45pm - 4:45pm Lap Swim (1) Open Swim (1) LILA (2)			
3:00pm - 5:00pm Lap Swim (1) Open Swim (1) LILA (2)	3:00pm - 5:00pm Lap Swim (1) Open Swim (1) LILA (2)						
5:00pm - 8:45pm Lap Swim (3) Open Swim (1)	5:00pm - 5:45pm Lap Swim (3) Open Swim (1) Safety Break 6:00pm - 7:05pm Water X Class Safety Break 7:15pm - 8:45pm Lap Swim (3) Open Swim (1)	Lap Swim (3) Open Swim (1)	4:45pm - 5:45pm Lap Swim (3) Open Swim (1) Safety Break 6:00pm - 7:05pm Water X Class Safety Break 7:15pm - 8:45pm Lap Swim (3) Open Swim (1)	4:45pm - 5:45pm Lap Swim (3) Open Swim (1) 5:45pm - 7:00pm Lap Swim (1) Open Swim (1) Reserved (2) 7:00pm - 8:45pm Lap Swim (3) Open Swim (1)	Pool Closed		Pool Closed
Pool Closed	Pool Closed	Pool Closed	Pool Closed	Pool Closed			

During Lap swim, you are required to share a lane with another swimmer if all lanes are full. This may include circle swimming. Private swim lessons may need use of a lane during lap swim time. Maximum of 10 people per lane.

Pool Schedule is subject to change. Be sure to check the schedule each week as the schedule will differ from week to week.



Forest Lake

LEISURE POOL SCHEDULE

August 18th - August 24th

Monday - 18	Tuesday - 19	Wednesday - 20	Thursday - 21	Friday - 22	Saturday - 23	Sunday - 24
5:00am - 7:15am Vortex Only 15+	5:00am - 7:15am Vortex Only 15+	5:00am - 7:15am Vortex Only 15+	5:00am - 7:15am Vortex Only 15+	5:00am - 7:15am Vortex Only 15+	Pool Closed	Pool Closed
7:15am - 9:00am Open Swim	7:15am - 8:45am Open Swim	7:15am - 9:00am Open Swim	7:15am - 9:00am Open Swim	7:15am - 9:00am Open Swim		
9:00am - 10:00 Open Swim Swim Lessons	9:00am - 10:00 Open Swim Swim Lessons	9:00am - 10:00 Open Swim Swim Lessons	9:00am - 10:00 Open Swim Swim Lessons	9:00am - 10:00 Open Swim Swim Lessons	8:00am - 4:45pm Open Swim	9:00am - 4:45 Open Swim
10:00 - 1:00pm Open Swim	10:00 - 1:00pm Open Swim	Safety Break 10:00 - 10:30am 10:30 - 1:45pm Open Swim	Safety Break 10:00 - 10:30am 10:30 - 1:45pm Open Swim	10:00 - 1:45pm Open Swim		
1:00 pm - 3:00pm Summer Power Slide Open Open Swim	1:00 pm - 3:00pm Summer Power Slide Open Open Swim	Safety Break 1:45 - 2:30pm 2:30pm - 6:00pm Open Swim	Safety Break 1:45 - 2:15pm 2:15pm - 5:00pm Open Swim	Safety Break 1:45 - 2:15pm 2:15pm - 8:00pm Open Swim		
3:00pm - 6:00pm Open Swim	3:00pm - 6:00pm Open Swim	Open Swim	Open Swim	Open Swim		
Safety Break	Safety Break	Safety Break	5:00pm - 7:00pm Open Swim Slide Open		Pool Closed	Pool Closed
6:15pm - 8:00pm	6:15pm - 8:00pm	6:15pm - 8:00pm	7:00pm - 8:00pm Open Swim			
8:00pm - 8:45pm Vortex Only 15+	8:00pm - 8:45pm Vortex Only 15+	8:00pm - 8:45pm Vortex Only 15+	8:00pm - 8:45pm Vortex Only 15+	8:00pm - 8:45pm Vortex Only 15+		
Pool Closed	Pool Closed	Pool Closed	Pool Closed	Pool Closed		

Pool Schedule is subject to change. Be sure to check the schedule each week as the schedule will differ from week to week.

Vortex is 15+ when the leisure pool is closed to open swim



Forest Lake YMCA

SPLASH DECK SCHEDULE 2025

May 24th - August 31st

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00	5:00am - 10:00am CLOSED	5:00am - 10:00am CLOSED	5:00am - 10:00am CLOSED	5:00am - 10:00am CLOSED	5:00am - 10:00am CLOSED	7:00am - 10:00am CLOSED	7:00am - 10:00am CLOSED
5:30							
6:00							
6:30							
7:00							
7:30	Member Hours 10:00am - 8:00pm	Member Hours 10:00am - 8:00pm	Member Hours 10:00am - 8:00pm	Member Hours 10:00am - 8:00pm	Member Hours 10:00am - 8:00pm	Member Hours 10:00am - 4:00pm	Member Hours 10:00am - 4:00pm
8:00							
8:30							
9:00							
9:30							
10:00	NOTE: Summer Power Programming at Splash Deck 1pm-3pm	NOTE: Summer Power Programming at Splash Deck 1pm-3pm					
10:30							
11:00							
11:30							
12:00							
12:30						4:00pm - 5:00pm CLOSED	4:00pm - 5:00pm CLOSED
1:00							
1:30							
2:00							
2:30							
3:00							
3:30							
4:00							
4:30							
5:00							
5:30	8:00pm - 9:00pm CLOSED	8:00pm - 9:00pm CLOSED	8:00pm - 9:00pm CLOSED	8:00pm - 9:00pm CLOSED	8:00pm - 9:00pm CLOSED		
6:00							
6:30							
7:00							
7:30							
8:00							
8:45							

****Splash Deck Schedule is subject to change due to events, Holidays, weather, air temps and YMCA programming**

PLEASE NOTE:
Summer Holiday Facility Hours
MEMORIAL DAY: CLOSED
4TH OF JULY: CLOSED
LABOR DAY: CLOSED