



Pool Schedule 4.1-4.7

Fergus Falls YMCA
1164 N. Friberg Ave.
Fergus Falls, MN 56537

(218) 739-4489

Please note that all classes are subject to change due to demand and participation. For the most up-to-date schedule, please view our mobile app or visit our website.
For your safety, it is recommended you consult your physician before starting any exercise program.
Open swim + = Open swim along with independent adult water exercise

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
6am	Lap Swim (4 lanes) 5:30am-7am	Lap Swim (4 lanes) 5:30am-7am	Lap Swim (4 lanes) 5:30am-7am	Lap Swim (4 lanes) 5:30am-7am	Lap Swim (4 lanes) 5:30am-7am	Open Swim & Lap Swim (1 lane) 10:15am-3pm	Open Swim + and Lap Swim (2 lanes) 8:15- 10:15		
7am	Lap Swim (4 lanes) 7am-7:55am	Splash and Groove & Lap Swim (2 lanes) 7am-7:45am	Lap Swim (4 lanes) 7am-7:55am	Splash and Groove & Lap Swim (2 lanes) 7am-7:45am	Lap Swim (4 lanes) 7am-7:55am			Lap Swim (4 lanes) 6:30am-8am	
8am	Rise and Grind Water Fitness* 8am-9am	Lap Swim (2 lanes) & Independent Adult Water Exercise 8:00am-9:25am **	Rise and Grind Water Fitness* 8am-9am	Lap Swim (2 lanes), Independent Adult Water Exercise & Swim lessons 8:00am-9:25am **	Rise and Grind Water Fitness* 8am-9am			Safety Break	
9am	Aqua Fun & Fit* 9:15am-10:15am	Aqua Energy 9:30am-10:30am	Aqua Fun & Fit* 9:15am-10:15am	Aqua Energy 9:30am-10:30am	Aqua Fun & Fit* 9:15am-10:15am			Open Swim + and Lap Swim (2 lanes) 8:15- 10:15	
10am	Independent Adult Water Exercise & Open Swim-Limited 10:15a-11:15a	Safety Break	Independent Adult Water Exercise & Open Swim-Limited 10:15a-11:15a	Safety Break	Independent Adult Water Exercise & Open Swim-Limited 10:15a-11:15a				
11am	Safety Break	Lap Swim (4 lanes) 11am-12:30pm	Safety Break	Lap Swim (4 lanes) 11am-12:30pm	Safety Break			Open Swim & Lap Swim (1 lane) 10:15am-3pm	
12pm	Lap Swim (4 lanes) 11:30am-12:30pm	Lap Swim (2 lanes) and Open Swim+ 12:30 pm-2pm	Lap Swim (4 lanes) 11:30am-12:30pm	Lap Swim (2 lanes) and Open Swim+ 12:30 pm-2pm	Lap Swim (2 lanes) and Open Swim+ 12:30 pm-2pm				
2-4pm	Lap Swim (2 lanes) and Open Swim+ 12:30 pm-2pm	Lap Swim (2 lanes) and Open Swim+ 12:30 pm-2pm	Lap Swim (2 lanes) and Open Swim+ 12:30 pm-2pm	Lap Swim (2 lanes) and Open Swim+ 12:30 pm-2pm	Lap Swim (2 lanes) and Open Swim+ 12:30 pm-2pm			POOL CLOSED 2pm-4pm	POOL CLOSED 2pm-4pm
4pm	POOL CLOSED 2pm-4pm	POOL CLOSED 2pm-4pm	POOL CLOSED 2pm-4pm	POOL CLOSED 2pm-4pm	POOL CLOSED 2pm-4pm			Open Swim & Lap Swim (1 lane) 1:45pm-5pm	
5pm	Open Swim & Lap Swim (2 lanes) 4 pm-5:15 pm	Open Swim & Lap Swim (2 lane) 4pm-6:15pm	Open Swim & Lap Swim (2 lanes) 4pm-5:15pm	Open Swim & Lap Swim (2 lane) 4pm-6:15pm	Open Swim & Lap Swim (2 lane) 4pm-6:15pm				
6pm	Aqua Energy & Lap Swim (1 lane) 5:15-6:15p	Aqua Energy & Lap Swim (1 lane) 5:15-6:15p	Aqua Energy & Lap Swim (1 lane) 5:15-6:15p	Aqua Energy & Lap Swim (1 lane) 5:15-6:15p	Aqua Energy & Lap Swim (1 lane) 5:15-6:15p	Open Swim & Lap Swim (1 lane) 1:45pm-5pm			
7pm	Safety Break	Safety Break	Safety Break	Safety Break	Safety Break		Lap Swim (2 lanes) & Open Swim 5pm-6pm		
7pm	Open swim & Lap Swim (2 lanes) 6:30pm-8:00pm	Open swim & Lap Swim (2 lanes) 6:30pm-8:00pm	Open swim & Lap Swim (2 lanes) 6:30pm-8:00pm	Open swim & Lap Swim (2 lanes) 6:30pm-8:00pm	Open swim & Lap Swim (2 lanes) 6:30pm-7:30pm	Safety Break	Safety Break		

Space may be limited as we work to serve as many members as possible.
Pool safety breaks allow the Lifeguard a break and to remove/put in lane lines.
NO Open Swim during Swim Lessons.
Open Swim Limited=Shallow End ONLY **Pool will be closed 5 minutes prior to programming.