

GETTYSBURG YMCA – JULY POOL & WHIRLPOOL SCHEDULE – Updated 7/2/25

	Lap Swim	Open Swim	Water Fitness	Swimming Workout	Swimming Lessons	Sharks Swim Team
SUNDAY	8 am-3:30 pm	8 am-3:30 pm				
MONDAY	6:00 am - 5:40 pm *limited lap lanes	6- 9:30 am 12-4 pm	9:30-10:15 am- Slow-Low-Intensity 10:30-11:30 am- Cardio Splash 11:30 am-12 pm- Core Zone	12:30-1:30 pm S.P.L.A.S.H. (Swim/Pull/Lap/ Aerobic/Stroke/Hour)	4-4:40 pm Water Exploration Water Adjustment Water Movement 1 4:50-5:30 pm Water Movement 2 Water Stamina Stroke Introduction	5:45-6:45 pm Mako & Tiger 6:45-8:15 pm Blue & White
TUESDAY	6:00 am-4:15 pm *limited lap lanes	6-8:30 am 10:45-5 pm	8:30-9:30 am Aqua Core 9:40-10:40 am Deep Water Power	4:15-5:45 pm F.I.T. Swimming (Fitness-Interval- Training/Masters)	3:10-4:40 pm Teen Lessons 5-5:30 pm Water Discovery (Parent & Tot)	5:45-6:45 pm Mako & Tiger 6:45-8 pm-Blue 6:45-8:15 pm-White
WEDNESDAY	6:00 am - 5:40 pm *limited lap lanes	6-10:30 am 12-4 pm	10:30-11:30 am- Cardio Splash 11:30 am-12 pm- Core Zone	12:30-1:30 pm S.P.L.A.S.H. (Swim/Pull/Lap/ Aerobic/Stroke/Hour)	4-4:40 pm Water Acclimation Water Movement 4:50-5:30 pm Water Stamina Stroke Introduction Stroke Development	5:45-6:45 pm Mako & Tiger 6:45-8:15 pm Blue & White
THURSDAY	6:00 am - 4:15 pm *limited lap lanes	6-8:30 am 10:45-4:45 pm	8:30-9:30 am Aqua Core 9:40-10:40 am Deep Water Power	4:15-5:45 pm F.I.T. Swimming (Fitness-Interval- Training/Masters)	4:45-5:25 pm Adult Lessons	5:45-6:45 pm Mako & Tiger 6:45-8 pm-Blue 6:45-8:15 pm-White
FRIDAY	6:00 am - 7:30 pm *limited lap lanes	6-9:30 am 12-5:30 pm 6:30-7:30 pm	9:30-10:15 am- Slow-Low-Intensity 10:30-11:30 am- Cardio Splash 11:30 am-12 pm- Core Zone	12:30-1:30 pm S.P.L.A.S.H. (Swim/Pull/Lap/ Aerobic/Stroke/Hour)		5:30-6:30 pm Blue & White
SATURDAY	8 am-3:30 pm	8 am-3:30 pm				

* Limited Lap lanes during Aquatic Fitness Classes



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