



SOUTHDAL YMCA

LEISURE POOL SCHEDULE

April 14 - June 1, 2025

***Reservations Required for all evening, weekend and Water Exercise Classes in the Leisure Pool

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED
		Water X Class 7:45-8:30 Reservations Required	Water X Class 7:45-8:30 Reservations Required	Water X Class 7:45-8:30 Reservations Required		
		CLOSED	CLOSED	CLOSED		
Open Swim Vortex On 9:00-11:55 No Reservations	Open Swim Vortex On 9:00-11:55 No Reservations	Open Swim Vortex On 9:00-11:55 No Reservations	Open Swim Vortex On 9:00-11:55 No Reservations	18+ Vortex 9:00-11:15 No Reservations	Open Swim Vortex On 9:00-9:55 10:00-10:55 11:00-11:55 12:00-12:55 1:00-1:55 2:00-2:55 Reservations Required	
CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	
			Water X Class 12:15-1:00 Reservations Required	Water X Class 12:15-1:00 Reservations Required		
			CLOSED	CLOSED		
	18+ Vortex 4:20-4:50 4:55-5:25 5:30-6:00		18+ Vortex 4:20-4:50 4:55-5:25 5:30-6:00			
18+ Vortex 4:55-5:25 5:30-6:00 6:05-6:35 Open Swim Vortex On 6:40-7:20 7:25-7:55 Reservations Required	18+ Vortex 4:20-4:50 4:55-5:25 5:30-6:00 6:05-6:35 6:40-7:10 Reservations Required	Open Swim Vortex On 5:00-5:55 6:00-6:55 7:00-7:55 Reservations Required	18+ Vortex 4:20-4:50 4:55-5:25 5:30-6:00 6:05-6:35 6:40-7:10 Reservations Required	Open Swim Vortex On 5:00-5:55 6:00-6:55 7:00-7:55 Reservations Required	Open Swim Vortex On 2:00-2:55 3:00-3:55 4:00-4:45 Reservations Required	
CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	

Swim Tests will be available 5 minutes before your open swim reservation.



Southdale YMCA

Updated: 4/13/2023

WHIRLPOOL SCHEDULE

April 14 - June 1, 2025

NO Reservations Required (minimum age of 15 is required for whirlpool use)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00am -7:30am Whirlpool Open	5:00am -7:30am Whirlpool Open	5:00am -7:30am Whirlpool Open	5:00am -7:30am Whirlpool Open	5:00am -7:30am Whirlpool Open	CLOSED	CLOSED
7:30-7:45 CLOSED	7:30-7:45 CLOSED	7:30-8:45 CLOSED	7:30-8:45 CLOSED	7:30-8:45 CLOSED	7:00am -4:45pm	7:00am -4:45pm
7:45am - 8:30am Whirlpool Open	7:45am - 8:30am Whirlpool Open				Whirlpool Open	Whirlpool Open
8:30-8:45 CLOSED	8:30-8:45 CLOSED					
8:45am - 9:45am Whirlpool Open	8:45am -11:55am Whirlpool Open	8:45am -11:30am Whirlpool Open	8:45am -11:30am Whirlpool Open	8:45am -11:55am Whirlpool Open		
9:45am-12:15pm CLOSED		11:30am-1:30pm CLOSED	11:30am-3:00pm CLOSED	11:55am - 1:15pm CLOSED		
	12:15pm - 8:45pm Whirlpool Open					
12:15pm - 8:45pm Whirlpool Open	100-115 CLOSED	1:30pm - 8:45pm Whirlpool Open	11:30am-3:00pm CLOSED	1:15pm - 8:45pm Whirlpool Open		
	1:15pm - 8:45pm Whirlpool Open					
	3:00pm - 8:45pm Whirlpool Open					
					CLOSED	CLOSED