



YMCA of Rapid City Lap Pool March 2026

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00 AM	5:00AM - 7:30PM Open Exercise Lap Swim						
5:30 AM							
6:00 AM							
6:30 AM							
7:00 AM							
7:30 AM							
8:00 AM			7:00AM - 2:00PM Open Exercise Lap Swim				
8:30 AM							
9:00 AM			Swim Lessons 8:45a-11:30a				
9:30 AM							
10:00 AM						Open Exercise Lap Swim 10:00AM - 1:00PM	
10:30 AM							
11:00 AM							
11:30 AM							
12:00 PM							
12:30 PM							
1:00 PM							
1:30 PM							
2:00 PM							
2:30 PM							
3:00 PM							
3:30 PM							
4:00 PM							
4:30 PM	Swim Lessons 4:00p - 6:30p	YMCA Swim League begins 3/17 5:15p-6:15p					
5:00 PM							
5:30 PM							
6:00 PM							
6:30 PM							
7:00 PM							
7:30 PM							
8:00 PM							
8:30 PM							
9:00 PM							

Schedule subject to change without notice.

Open Exercise/Free Swim: Participants may use exercise equipment for its intended purpose in the program area by ramp. Availability Limited

Lap Swim: Continuous swimming, any age allowed.

Please follow all posted pool rules, these rules are in place for the safety of our members and guests.

Anyone not abiding by the rules may be asked to leave.



YMCA of Rapid City
 Family Pool
 March 2026

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
5:00 AM								
5:30 AM								
6:00 AM								
6:30AM								
7:00 AM								
7:30 AM								
8:00 AM								
8:30 AM								
9:00 AM						Open Swim 9:00 AM - 1:00 PM Swim Lessons 9:00AM- 10:30AM	Open Swim 10:00 AM - 1:00 PM	
9:30 AM								
10:00 AM								
10:30 AM								
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3:30 PM								
4:00 PM								
4:30 PM	Open Swim 4:00PM-6:00PM Swim Lessons 4:00p - 6:00p	Open Swim 4:00PM - 6:00PM	Closed for Programming	Open Swim 4:00PM-6:00PM Swim Lessons 4:00p - 6:00p				
5:00 PM								
5:30 PM								
6:00 PM								
6:30 PM								
7:00 PM								
7:30 PM								
8:00 PM								
8:30 PM								
9:00 PM								

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