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ALAMANCE COUNTY COMMUNITY YMCA
Aquatics Community Update | May 2024

AQUATICS DIRECTOR UPDATE

We are excited for all the exciting opportunities that the month of May brings to aquatics at our Y and are so happy to see so many new faces in our aquatics programming! We are also excited for the Camp Frontier Pool to open once again to our members this coming Memorial Day Weekend! The Camp Frontier pool is available on weekends at no additional cost to our YMCA members and season passes are available for potential members!

For Our Community,
Briley Penner (Aquatics Director)

CELEBRATE WITH US!

Welcome Sharon Haines, our new Water Fitness Instructor. Sharon will lead a new deep-water fitness class that will be held on Tuesday/Thursday at 9am weekly. Sharon brings a wealth of experience teaching water fitness classes throughout the Greensboro/Burlington area as we are excited to have her join our team! If you are looking for a new way to experience water fitness, we encourage you to try her new class!

Camp Frontier Pool opens Memorial Day Weekend! Summer is upon us! Join us for a special celebration on Friday, May 24 from 5:30pm to 8:00pm at Camp Frontier as we splash into summer together! On Friday evening, the pool and courts at Camp Frontier will be open to all members and potential members. The Camp Frontier Pool will be open on the weekends to members at no additional cost and season passes are available if you are not a member at our Y! Visit www.acymca.org/aquatics for more details!

LOOKING AHEAD...

Please be aware that there will be limited parking at the facility the weekend of May 3-5 due to the Burlington Carousel Festival. If you plan on participating in aquatics programming this weekend, it is strongly encouraged that you arrive to the facility at least 30 minutes earlier than normal to find a parking spot.

Improve your heart health with our blood pressure self-monitoring program. According to the CDC, nearly 120 million adults have high blood pressure in the US. Often referred to as the "Silent Killer", high blood pressure typically has no warning signs or symptoms and is a key risk factor for both heart disease and stroke. For information on this FREE program, please contact Peyton James at pjames@acymca.org or 336.395.9622 ext. 227.

Keep our community safe. Become a lifeguard. As we look towards the summer, we are offering multiple lifeguard training courses for potential lifeguards interested in working at our Y or at other facilities in our community. If you are interested in becoming a lifeguard and want to learn more, please contact Briley Penner at bpenner@acymca.org.

IMPORTANT SCHEDULE NOTES

May 3: The pool will be closed from 5:30-7pm due to programming.

May 4/5: 3 lanes will be closed all day for lifeguard training.

May 4/5: Due to limited lane space due to programming there will be no open swim/family swim available. Lap swim/water walking lanes will be available.

May 10: The 10am Water Fitness class is canceled due to Burlington Sr Games.

May 10: The pool will be closed from 10am-1pm due to a swim meet.

May 12: Lane 5 will be closed from 1-2pm for a baptism service.

May 17: The pool will be closed from 5:30-7pm due to programming.

MEMBER SPOTLIGHT



Kazi Sakai

How long have you been swimming with the YBAC Hurricanes?

7 years.

What is your favorite thing about coming to the Y?

I really like that the Y is so close to my house. We can come anytime to practice and we usually see someone we know there. It helps keep me healthy all year.

What is your favorite race to swim?

My favorite race is the 50 Freestyle.

What is your favorite swim memory?

I have a lot of good memories. I really like seeing teammates win and all the fun snacks at meets.



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PROGRAM POOL SCHEDULE MAY 2024

SCHEDULE NOTES:

- Lane changes are made by lifeguards 5 minutes prior to the start of programming
- Lap lanes may be used for lap swimming or water walking only (no stationary exercising)
- Lap swimmers are expected to share lanes by either splitting lanes or circle swimming
- Private lessons may share open/lap swim lanes with members/guests during open hours

MONDAY/WEDNESDAY	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5
5:30am - 7:55pm	OPEN	LAP SWIM			
8:00am - 11:00am	WATER FITNESS				
11:00am - 1:00pm	OPEN	LAP SWIM			
1:00pm - 3:25pm	OPEN	OPEN	LAP SWIM		
3:25pm - 4:25pm	LAP SWIM	YBAC SWIM TEAM			
4:25pm - 7:00pm	----- PROGRAM POOL CLOSED FOR PROGRAMMING -----				
7:00pm - 7:45pm	SWIM LESSONS		LAP SWIM		
TUESDAY/THURSDAY	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5
5:30am - 6:30am	OPEN	LAP SWIM		YBAC MASTERS SWIM TEAM	
6:30am - 7:55am	LAP SWIM				
8:00am - 11:00am	WATER FITNESS				
11:00am - 1:00pm	OPEN	LAP SWIM			
1:00pm - 3:25pm	OPEN	OPEN	LAP SWIM		
3:30pm - 4:00pm	LAP SWIM	YBAC SWIM TEAM			
4:00pm - 7:00pm	----- PROGRAM POOL CLOSED FOR PROGRAMMING -----				
7:00pm - 7:45pm	WATER FITNESS				LAP SWIM
FRIDAY	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5
5:30am - 6:30am	OPEN	LAP SWIM		YBAC SWIM TEAM	
6:30am - 7:55pm	OPEN	LAP SWIM			
8:00am - 11:00am	WATER FITNESS				
11:00am - 1:00pm	OPEN	LAP SWIM			
1:00pm - 3:25pm	OPEN	OPEN	LAP SWIM		
3:30pm - 4:00pm	LAP SWIM	YBAC SWIM TEAM			
4:00pm - 5:00pm	----- PROGRAM POOL CLOSED FOR PROGRAMMING -----				
5:00pm - 7:00pm	LAP SWIM	YBAC SWIM TEAM			
7:00pm - 7:45pm	OPEN	OPEN	LAP SWIM		
SATURDAY	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5
7:00am - 8:55am	OPEN	LAP SWIM			
9:00am - 10:00am	WATER FITNESS (SHALLOW-END ONLY)				
10:00am - 12:30pm	GROUP SWIM LESSONS				LAP SWIM
12:30pm - 4:45pm	OPEN	OPEN	LAP SWIM		
SUNDAY	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5
1:00pm - 3:25pm	OPEN	OPEN	LAP SWIM		
3:00pm - 4:00pm	OPEN	OPEN	LAP SWIM	SPECIAL OLYMPICS SWIM TEAM	
4:00pm - 4:45pm	OPEN	OPEN	LAP SWIM		

SCHEDULE IS SUBJECT TO CHANGE ON SHORT NOTICE

For questions about pool rental/party inquiries, please contact briley penner (Aquatics Director) at bpenner@acymca.org or (336) 395-9622 ext. 215