



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

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