



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

PROGRAM POOL SCHEDULE AUGUST 1 – 16, 2024

SCHEDULE NOTES:

- **SEE BACK FOR AUGUST 17-28 SCHEDULE**
- 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

**THE PROGRAM POOL WILL CLOSE
FOR ANNUAL MAINTENANCE
FROM AUGUST 29 TO SEPTEMBER 8
AND WILL REOPEN
ON MONDAY, SEPTEMBER 9 AT 5:30PM.**

- Swim clinic will use 2 lanes August 5-9 from 4pm to 6pm
- Lifeguard training will use 2 lanes on august 7 from 7-7:45pm and august 10 from 7-8:30am

MONDAY/WEDNESDAY	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5
5:30am - 7:55am	OPEN	LAP SWIM			
8:00am - 11:00am	WATER FITNESS				
11:00am - 1:00pm	LAP SWIM		CAMP HORIZONS		
1:00pm - 3:00pm	LAP SWIM	CAMP HORIZONS			
3:00pm - 4:55pm	OPEN	OPEN	LAP SWIM		
5:00pm - 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	LAP SWIM		CAMP HORIZONS		
1:00pm - 3:00pm	LAP SWIM	CAMP HORIZONS			
3:00pm - 4:35pm	OPEN	OPEN	LAP SWIM		
4:40pm - 7:00pm	SWIM LESSONS		LAP SWIM		
7:00pm - 7:45pm	WATER FITNESS				LAP SWIM
FRIDAY	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5
5:30am - 7:55am	OPEN	LAP SWIM			
8:00am - 11:00am	WATER FITNESS				
11:00am - 1:00pm	LAP SWIM		CAMP HORIZONS		
1:00pm - 3:00pm	LAP SWIM	CAMP HORIZONS			
3:00pm - 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				
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 - 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



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PROGRAM POOL SCHEDULE AUGUST 17 – 28, 2024

SCHEDULE NOTES:

- 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
- YMCA Private lessons may share open/lap swim lanes with members/guests during open hours

**THE PROGRAM POOL WILL CLOSE
FOR ANNUAL MAINTENANCE
FROM AUGUST 29 TO SEPTEMBER 8
AND WILL REOPEN
ON MONDAY, SEPTEMBER 9 AT 5:30PM.**

- Lifeguard training will use 2 lanes on August 7 from 7–7:45pm and August 10 from 7–8:30am

MONDAY/WEDNESDAY	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5
5:30am - 7:55am	OPEN	LAP SWIM			
8:00am - 11:00am	WATER FITNESS				
11:00am - 1:00pm	OPEN	LAP SWIM			
1:00pm - 4:55pm	OPEN	OPEN	LAP SWIM		
5:00pm - 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 - 4:35pm	OPEN	OPEN	LAP SWIM		
4:40pm - 7:00pm	SWIM LESSONS		LAP SWIM		
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 - 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 - 4:45pm	OPEN	OPEN	LAP SWIM		

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