



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

PROGRAM POOL SCHEDULE

JUNE 1 - JUNE 8, 2025

**BEGINNING JUNE 9 THE POOL WILL BE CLOSED 1:00PM - 3:00PM AND 5:00PM - 6:00PM
MONDAY THROUGH FRIDAY FOR SUMMER PROGRAMMING**

BEGINNING JUNE 23 1 ADDITIONAL LANE WILL BE CLOSED FOR SWIM LESSONS ON MONDAY/WEDNESDAY FROM 6:00PM - 7:30PM

- Lifeguards are here for your safety and have final say on all matters; including rules, swim testing, and pool schedule
- Lane changes are made by the Lifeguards 5 minutes before the time indicates
- Please get equipment before entering the pool and please put equipment away after use
- Lap Swim Lanes are for lap swimming or water walking only (no stationary exercising); swimmers are expected to share lanes by lane splitting or circle swimming
- YMCA Private lessons may share open/lap swim lanes with members/guests during open hours; Group Swim Lesson lanes are closed to members/guests

MONDAY/WEDNESDAY	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5
5:30am - 6:30am	OPEN SWIM	LAP SWIM	LAP SWIM	LAP SWIM	YBAC SWIM TEAM (WEDNESDAY ONLY)
6:30am - 7:55am	OPEN SWIM	LAP SWIM			
8:00am - 11:00am	WATER FITNESS				
11:00am - 1:00pm	OPEN SWIM	LAP SWIM			
1:00pm - 3:25pm	OPEN SWIM	OPEN SWIM	LAP SWIM		
3:30pm - 4:55pm	LAP SWIM	YBAC SWIM TEAM			
5:00pm - 7:00pm	SWIM LESSONS	YBAC SWIM TEAM			
7:00pm - 7:45pm	SWIM LESSONS		LAP SWIM	LAP SWIM	LAP SWIM
TUESDAY/THURSDAY	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5
5:30am - 6:30am	OPEN SWIM	LAP SWIM	LAP SWIM	YBAC MASTER SWIM TEAM	
6:30am - 7:55am	OPEN SWIM	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM
8:00am - 11:00am	WATER FITNESS				
11:00am - 1:00pm	OPEN SWIM	LAP SWIM			
1:00pm - 3:25pm	OPEN SWIM	OPEN SWIM	LAP SWIM		
3:25pm - 4:35pm	LAP SWIM	YBAC SWIM TEAM			
4:40pm - 7:00pm	SWIM LESSONS	YBAC SWIM TEAM			
7:00pm - 7:45pm	WATER FITNESS				LAP SWIM
FRIDAY	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5
5:30am - 6:30 am	OPEN SWIM	LAP SWIM	LAP SWIM	LAP SWIM	YBAC SWIM TEAM
5:30am - 7:55am	OPEN SWIM	LAP SWIM			
8:00am - 11:00am	WATER FITNESS				
11:00am - 1:00pm	OPEN SWIM	LAP SWIM			
1:00pm - 3:25pm	OPEN SWIM	OPEN SWIM	LAP SWIM		
3:30pm - 4:30pm	AFTERSCHOOL	YBAC SWIM TEAM			
4:30pm - 7:00pm	LAP SWIM		YBAC SWIM TEAM		
7:00pm - 7:45pm	OPEN	LAP SWIM	LIFEGUARD TRAINING		
SATURDAY	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5
7:00am - 8:30am	OPEN	LAP SWIM			
8:30am - 9:20am	WATER FITNESS				
9:20am - 10:00am	SWIM LESSONS				LAP SWIM
10:00am - 12:30pm	SWIM LESSONS			LAP SWIM	LAP SWIM
12:30pm - 4:45pm	OPEN SWIM	OPEN SWIM	LAP SWIM	LAP SWIM	LAP SWIM
SUNDAY	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5
1:00pm - 4:45pm	OPEN SWIM	OPEN SWIM	LAP SWIM		

SCHEDULE IS SUBJECT TO CHANGE DUE TO CLOSURES, CANCELLATIONS, AND PROGRAMMING

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



FOR YOUTH DEVELOPMENT
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PROGRAM POOL SCHEDULE

JUNE 9 – JUNE 30, 2025

**THE POOL WILL BE CLOSED 1:00PM – 3:00PM AND 5:00PM – 6:00PM
MONDAY THROUGH FRIDAY FOR SUMMER PROGRAMMING**

BEGINNING JUNE 23 1 ADDITIONAL LANE WILL BE CLOSED FOR SWIM LESSONS ON MONDAY/WEDNESDAY FROM 6:00PM – 7:30PM

- Lifeguards are here for your safety and have final say on all matters; including rules, swim testing, and pool schedule
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MONDAY/WEDNESDAY	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5
5:30am - 6:30am	OPEN SWIM	LAP SWIM	LAP SWIM	LAP SWIM	YBAC SWIM TEAM
6:30am - 7:55am	OPEN SWIM	LAP SWIM			
8:00am - 11:00am	WATER FITNESS				
11:00am - 1:00pm	OPEN SWIM	LAP SWIM			
1:00pm - 3:00pm	----- POOL CLOSED FOR SUMMER PROGRAMMING -----				
3:00pm - 5:00pm	LAP SWIM	YBAC SWIM TEAM			
5:00pm - 6:00pm	SWIM LESSONS	YBAC SWIM TEAM			
6:00pm - 6:45pm	SWIM LESSONS	LAP SWIM		YBAC SWIM TEAM	
6:45pm - 7:45pm	SWIM LESSONS		LAP SWIM		
TUESDAY/THURSDAY	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5
5:30am - 6:30am	OPEN SWIM	LAP SWIM	LAP SWIM	YBAC MASTER SWIM TEAM	
6:30am - 7:55am	OPEN SWIM	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM
8:00am - 11:00am	WATER FITNESS				
11:00am - 1:00pm	OPEN SWIM	LAP SWIM			
1:00pm - 3:00pm	----- POOL CLOSED FOR SUMMER PROGRAMMING -----				
3:00pm - 5:00pm	LAP SWIM	YBAC SWIM TEAM			
5:00pm - 6:00pm	SWIM LESSONS	YBAC SWIM TEAM			
6:00pm - 6:55pm	SWIM LESSONS	LAP SWIM		YBAC SWIM TEAM	
7:00pm - 7:45pm	WATER FITNESS				LAP SWIM
FRIDAY	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5
5:30am - 6:30 am	OPEN SWIM	LAP SWIM	LAP SWIM	LAP SWIM	YBAC SWIM TEAM
6:30am - 7:55am	OPEN SWIM	LAP SWIM			
8:00am - 11:00am	WATER FITNESS				
11:00am - 1:00pm	OPEN SWIM	LAP SWIM			
1:00pm - 3:00pm	----- POOL CLOSED FOR SUMMER PROGRAMMING -----				
3:00pm - 6:00pm	LAP SWIM	YBAC SWIM TEAM			
6:00pm - 6:45pm	OPEN SWIM	LAP SWIM		YBAC SWIM TEAM	
SATURDAY	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5
7:00am - 8:30am	OPEN	LAP SWIM			
8:30am - 9:20am	WATER FITNESS				
9:20am - 10:00am	SWIM LESSONS				LAP SWIM
10:00am - 12:30pm	SWIM LESSONS			LAP SWIM	LAP SWIM
12:30pm - 4:45pm	OPEN SWIM	OPEN SWIM	LAP SWIM	LAP SWIM	LAP SWIM
SUNDAY	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5
1:00pm - 4:45pm	OPEN SWIM	OPEN SWIM	LAP SWIM		

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