



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# JUMP IN! POOL SCHEDULE



THE ALAMANCE COUNTY YMCA  
1346 S. MAIN STREET, BURLINGTON, NC 27215  
(336)395-9622 ACYMCA.ORG

FOR A BETTER US.

**SPRING POOL SCHEDULE: MARCH 2023**

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30– 6:30 AM	LAP SWIM- (4)	LAP SWIM- (4) YBAC MASTERS- (1)	LAP SWIM- (4)	LAP SWIM- (4) YBAC MASTERS- (1)	LAP SWIM- (4)		
6:30–7:55 AM	LAP SWIM- (5)	LAP SWIM- (5)	LAP SWIM- (5)	LAP SWIM- (5)	LAP SWIM- (5)		
8:00–9:00 AM	WATER FITNESS	WATER FITNESS	WATER FITNESS	WATER FITNESS	WATER FITNESS	LAP SWIM- (5)	
9:00–10:00 AM	WATER FITNESS	WATER FITNESS	WATER FITNESS	WATER FITNESS	WATER FITNESS	WATER FITNESS	
10:00–11:00 AM	WATER FITNESS	WATER FITNESS	WATER FITNESS	WATER FITNESS	WATER FITNESS	LAP SWIM- (2) SWIM LESSONS (3)	
11:00–12:00 PM	LAP SWIM- (5)	LAP SWIM- (5)	LAP SWIM- (5)	LAP SWIM- (5)	LAP SWIM- (5)	LAP SWIM- (2) SWIM LESSONS (3)	
12:00–1:00 PM	LAP SWIM- (5)	LAP SWIM- (5)	LAP SWIM- (5)	LAP SWIM- (5)	LAP SWIM- (5)	LAP SWIM- (5)	
1:00–2:00 PM	LAP SWIM- (3) OPEN SWIM	LAP SWIM- (3) OPEN SWIM	LAP SWIM- (3) OPEN SWIM	LAP SWIM- (3) OPEN SWIM	LAP SWIM- (3) OPEN SWIM	LAP SWIM- (1) OPEN SWIM YBAC SWIM—(2)	LAP SWIM- (2) OPEN SWIM
2:00–3:00 PM	LAP SWIM- (3) OPEN SWIM	LAP SWIM- (3) OPEN SWIM	LAP SWIM- (3) OPEN SWIM	LAP SWIM- (3) OPEN SWIM	LAP SWIM- (3) OPEN SWIM	LAP SWIM- (1) OPEN SWIM YBAC SWIM—(2)	LAP SWIM- (2) OPEN SWIM
3:00–4:00 PM	LAP SWIM- (1) YBAC SWIM—(4)	LAP SWIM- (1) YBAC SWIM—(4)	LAP SWIM- (1) YBAC SWIM—(4)	LAP SWIM- (1) YBAC SWIM—(4)	LAP SWIM- (1) YBAC SWIM—(4)	LAP SWIM- (1) OPEN SWIM YBAC SWIM—(2)	LAP SWIM- (2) OPEN SWIM
4:00–5:00 PM	LAP SWIM (1) YBAC SWIM—(4)	LAP SWIM (1) YBAC SWIM—(4)	LAP SWIM (1) YBAC SWIM—(4)	LAP SWIM (1) YBAC SWIM—(4)	AFTERSCHOOL YBAC SWIM—(4)		LAP SWIM- (2) OPEN SWIM
5:00–6:00 PM	LAP SWIM (1) YBAC SWIM—(4)	LAP SWIM (1) YBAC SWIM—(4)	LAP SWIM (1) YBAC SWIM—(4)	LAP SWIM (1) YBAC SWIM—(4)	LAP SWIM- (1) YBAC SWIM—(4)		
6:00–7:00 PM	YBAC SWIM- (3) SWIM LESSONS(2) *BEGIN AT 5:50PM	YBAC SWIM- (3) SWIM LESSONS(2) *BEGIN AT 5:50PM	YBAC SWIM- (3) SWIM LESSONS(2) *BEGIN AT 5:50PM	YBAC SWIM- (3) SWIM LESSONS(2) *BEGIN AT 5:50PM	YBAC SWIM- (4) LAP SWIM- (1)		
7:00–7:45 PM	LAP SWIM- (2) OPEN SWIM	LAP SWIM- (2) WATER FITNESS	LAP SWIM- (2) OPEN SWIM	LAP SWIM- (2) WATER FITNESS	LAP SWIM- (2) OPEN SWIM		

The pool will close Monday thru Friday at 7:45 PM, Saturday at 3:45 PM, and Sunday at 4:45 PM \*POOL SCHEDULE IS SUBJECT TO CHANGE ON SHORT NOTICE  
 \*In the event of pool closure due to repairs or inclement weather– Friday Lap/Open swim will be used for makeup swim lessons.

**QUESTIONS?** Contact our Aquatics Director, Terrell Brewington at [tbrewington@acymca.org](mailto:tbrewington@acymca.org)