



# POOL SCHEDULE

## MAY 2023

- SCHEDULE NOTES:**
- Lap swimmers are expected to share lanes by either splitting lanes or circle swimming
  - Lane changes are made by 5 lifeguards 5 minutes prior to the start of programming
  - Private lessons may use open/lap swim lanes during open hours
  - Lifeguard training class will be conducted May 5-7 and will affect availability of pool space; modified availability will be posted week of class

MONDAY & WEDNESDAY	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5
5:30am – 6:30am	OPEN	LAP SWIM	LAP SWIM	LAP SWIM	YBAC
6:30am – 7:55am	OPEN	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM
8:00am – 11:00am	WATER FITNESS	WATER FITNESS	WATER FITNESS	WATER FITNESS	WATER FITNESS
11:00am – 1:00pm	OPEN	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM
1:00pm – 3:25pm	OPEN	OPEN	LAP SWIM	LAP SWIM	LAP SWIM
3:30pm – 6:45pm	SWIM LESSONS	YBAC	YBAC	YBAC	YBAC
6:45pm – 7:30pm	SWIM LESSONS	SWIM LESSONS	YBAC	YBAC	YBAC
7:30pm – 7:45pm	OPEN	OPEN	LAP SWIM	LAP SWIM	LAP SWIM

TUESDAY & THURSDAY	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5
5:30am – 7:55am	OPEN	LAP SWIM	LAP SWIM	LAP SWIM	YBAC
8:00am – 11:00am	WATER FITNESS	WATER FITNESS	WATER FITNESS	WATER FITNESS	WATER FITNESS
11:00am – 1:00pm	OPEN	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM
1:00pm – 3:25pm	OPEN	OPEN	LAP SWIM	LAP SWIM	LAP SWIM
3:30pm – 5:45pm	LAP SWIM	YBAC	YBAC	YBAC	YBAC
5:50pm – 7:00pm	SWIM LESSONS	SWIM LESSONS	YBAC	YBAC	YBAC
7:00pm – 7:45pm	WATER FITNESS	WATER FITNESS	WATER FITNESS	LAP SWIM	LAP SWIM

FRIDAY	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5
5:30am – 6:30am	OPEN	LAP SWIM	LAP SWIM	LAP SWIM	YBAC
6:30am – 7:55am	OPEN	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM
8:00am – 11:00am	WATER FITNESS	WATER FITNESS	WATER FITNESS	WATER FITNESS	WATER FITNESS
11:00am – 1:00pm	OPEN	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM
1:00pm – 3:25pm	OPEN	OPEN	LAP SWIM	LAP SWIM	LAP SWIM
3:30pm – 4:00pm	LAP SWIM	YBAC	YBAC	YBAC	YBAC
4:00pm – 5:00pm	AFTERSCHOOL	AFTERSCHOOL	YBAC	YBAC	YBAC
5:00pm – 7:00pm	LAP SWIM	YBAC	YBAC	YBAC	YBAC
7:00pm – 7:45pm	OPEN	OPEN	LAP SWIM	LAP SWIM	LAP SWIM

SATURDAY	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5
7:00am – 8:55am	OPEN	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM
9:00am – 10:00am	WATER FITNESS	WATER FITNESS	WATER FITNESS	WATER FITNESS	WATER FITNESS
10:00am – 10:30am	SWIM LESSONS	SWIM LESSONS	SWIM LESSONS	LAP SWIM	LAP SWIM
10:30am – 12:15pm	SWIM LESSONS	SWIM LESSONS	LAP SWIM	LAP SWIM	LAP SWIM
12:00pm – 1:00pm	OPEN	OPEN	LAP SWIM	LAP SWIM	LAP SWIM
1:00pm – 4:00pm	OPEN	OPEN	LAP SWIM	YBAC	YBAC
4:00pm – 4:45pm	OPEN	OPEN	OPEN	LAP SWIM	LAP SWIM

SUNDAY	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5
1:00pm – 4:45pm	OPEN	OPEN	OPEN	LAP SWIM	LAP SWIM

Pool schedule is subject to change on short notice

For questions, please contact Briley Penner (Aquatics Director) at [bpenner@acymca.org](mailto:bpenner@acymca.org) OR 336.395.9622 ext. 215.