



Alamance County Community YMCA Aquatics

August 17th – October 25th

Monday through Friday

6:00 – 6:45 Lap Swim

7:00 – 7:45 Lap Swim

8:00 – 8:45 Water Fitness (Shallow End)

Deep Water - M-W-F Water Fitness Class

T-Th Independent Exercise

9:00 – 9:45 Water Fitness (Shallow End) / Deep Water Exercise

10:00 – 10:45 Swim Lessons (2 lap lanes)

11:00 – 11:45 Lap Swim

12:00 – 12:45 Lap Swim

1:00 – 1:45 Open Swim / Lap Lanes (2 lanes)

2:00 – 3:15 Programming / Lap Lanes (2 lanes)

3:30 – 8:00 YBAC – 4 lanes / Lap Swimming – 1 Lane

8:00 – 8:45 M/W/F - Lap Swimming – 2 Lanes & Open Swim

Tuesday – Deep Water Class /

Open Swim Shallow End / 1 Lap Lane

Thursday – Shallow Water Class /

Open Swim Deep End / 1 Lap Lane

Saturday

8:00 – 8:45 Lap Lanes

9:00 – 9:45 Water Fitness (Shallow End) / Deep Water Exercise

10:00 – 10:45 Swim Lessons / Lap Lanes (1 Lane)

11:00 – 11:45 Swim Lessons / Lap Lanes (1 Lane)

12:00 – 12:45 Lap Lanes

1:00 – 3:45 Family Swim / Swim Team (3 Lanes)

Camp Frontier

Mon, Wed, Fri, Sat 12:00 – 7:00 Family Swim

Sunday 1:00 – 5:00 Family Swim