

Alamance County Community YMCA Aquatics

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Pool Schedule Subject to Change

Monday – Friday 5/27 – 5/29	
7:00 – 7:45	Lap Swim
8:00 – 8:45	Lap Swim
9:00 – 9:45	Lap Swim
10:00 - 10:45	Lap Swim
11:00 - 11:45	Lap Swim
12:00 – 12:45	Lap Swim
1:00 - 5:45	Swim Team (4)/ Lap Swim (1 lane – 1:00 / 3:00 / 5:00)
6:00 - 6:45	Lap Swim
5-hd 5/20	
Saturday – 5/30 8:00 – 8:45	lan lanes
	Lap Lanes
9:00 - 9:45	Water Fitness (shallow End) / Deep Water Independent Exercise
10:00 - 10:45	Lap Lanes
11:00 – 11:45	Lap Lanes
12:00 – 12:45	Lap Lanes
1:00 – 1:45	Family Swim
2:00- 2:45	Family Swim
3:00 – 3:45	Family Swim
Monday – Friday 6/1 – 6/5	
7:00 – 7:45	Lap Swim
8:00 - 8:45	Lap Swim
9:00 - 9:45	Water Fitness (Shallow End) / Deep Water Independent Exercise
10:00 - 10:45	Water Fitness (Shallow End) / Deep Water Independent Exercise
11:00 - 11:45	Lap Swim
12:00 – 12:45	Lap Swim
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1:00 – 5:45	Swim Team (4)/ Lap Swim (1 lane – 1:00 / 3:00 / 5:00)
1:00 - 5:45 6:00 - 6:45	·
6:00 – 6:45	Swim Team (4)/ Lap Swim (1 lane – 1:00 / 3:00 / 5:00)
6:00 – 6:45 Saturday 6/6	Swim Team (4)/ Lap Swim (1 lane – 1:00 / 3:00 / 5:00) Lap Swim
6:00 - 6:45 Saturday 6/6 8:00 - 8:45	Swim Team (4)/ Lap Swim (1 lane – 1:00 / 3:00 / 5:00) Lap Swim Lap Lanes
6:00 - 6:45 Saturday 6/6 8:00 - 8:45 9:00 - 9:45	Swim Team (4)/ Lap Swim (1 lane – 1:00 / 3:00 / 5:00) Lap Swim Lap Lanes Water Fitness (Shallow End) / Deep Water Independent Exercise
6:00 - 6:45 Saturday 6/6 8:00 - 8:45 9:00 - 9:45 10:00 - 10:45	Swim Team (4)/ Lap Swim (1 lane – 1:00 / 3:00 / 5:00) Lap Swim Lap Lanes Water Fitness (Shallow End) / Deep Water Independent Exercise Lap Lanes
6:00 - 6:45 Saturday 6/6 8:00 - 8:45 9:00 - 9:45 10:00 - 10:45 11:00 - 11:45	Swim Team (4)/ Lap Swim (1 lane – 1:00 / 3:00 / 5:00) Lap Swim Lap Lanes Water Fitness (Shallow End) / Deep Water Independent Exercise Lap Lanes Lap Lanes
6:00 - 6:45 Saturday 6/6 8:00 - 8:45 9:00 - 9:45 10:00 - 10:45 11:00 - 11:45 12:00 - 12:45	Swim Team (4)/ Lap Swim (1 lane – 1:00 / 3:00 / 5:00) Lap Swim Lap Lanes Water Fitness (Shallow End) / Deep Water Independent Exercise Lap Lanes Lap Lanes Lap Lanes Lap Lanes
6:00 - 6:45 Saturday 6/6 8:00 - 8:45 9:00 - 9:45 10:00 - 10:45 11:00 - 11:45 12:00 - 12:45 1:00 - 1:45	Swim Team (4)/ Lap Swim (1 lane – 1:00 / 3:00 / 5:00) Lap Swim Lap Lanes Water Fitness (Shallow End) / Deep Water Independent Exercise Lap Lanes Lap Lanes Lap Lanes Family Swim
6:00 - 6:45 Saturday 6/6 8:00 - 8:45 9:00 - 9:45 10:00 - 10:45 11:00 - 11:45 12:00 - 12:45	Swim Team (4)/ Lap Swim (1 lane – 1:00 / 3:00 / 5:00) Lap Swim Lap Lanes Water Fitness (Shallow End) / Deep Water Independent Exercise Lap Lanes Lap Lanes Lap Lanes Lap Lanes