



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

Saturday – 5/30

8:00 – 8:45	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
1:00 – 5:45	Swim Team (4)/ Lap Swim (1 lane – 1:00 / 3:00 / 5:00)
6:00 – 6:45	Lap Swim

Saturday 6/6

8:00 – 8:45	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