



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.

# FALL POOL SCHEDULE: SEPTEMBER– NOVEMBER 2022

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>5:30– 6:30 AM</b>	LAP SWIM- (4)	LAP SWIM- (4) YBAC MASTERS- (1)	LAP SWIM- (4)	LAP SWIM- (4) YBAC MASTERS- (1)	LAP SWIM- (4)		
<b>6:45–7:55 AM</b>	LAP SWIM- (5)	LAP SWIM- (5)	LAP SWIM- (5)	LAP SWIM- (5)	LAP SWIM- (5)		
<b>8:00–9:00 AM</b>	WATER FITNESS	WATER FITNESS	WATER FITNESS	WATER FITNESS	WATER FITNESS	LAP SWIM- (5)	
<b>9:00–10:00 AM</b>	WATER FITNESS	WATER FITNESS	WATER FITNESS	WATER FITNESS	WATER FITNESS	WATER FITNESS	
<b>10:00–11:00 AM</b>	WATER FITNESS	WATER FITNESS	WATER FITNESS	WATER FITNESS	WATER FITNESS	LAP SWIM- (2) SWIM LESSONS	
<b>11:00–12:00 PM</b>	LAP SWIM- (5)	LAP SWIM- (5)	LAP SWIM- (5)	LAP SWIM- (5)	LAP SWIM- (5)	LAP SWIM- (2) SWIM LESSONS	
<b>12:00–1:00 PM</b>	LAP SWIM- (5)	LAP SWIM- (5)	LAP SWIM- (5)	LAP SWIM- (5)	LAP SWIM- (5)	LAP SWIM- (5)	
<b>1:00–2:00 PM</b>	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
<b>2:00–3:00 PM</b>	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
<b>3:00–4:00 PM</b>	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
<b>4:00–5:00 PM</b>	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
<b>5:00–6:00 PM</b>	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)		
<b>6:00–7:00 PM</b>	YBAC SWIM- (3) SWIM LESSONS	YBAC SWIM- (3) SWIM LESSONS	YBAC SWIM- (3) SWIM LESSONS	YBAC SWIM- (3) SWIM LESSONS	YBAC SWIM- (4) LAP SWIM- (1)		
<b>7:00–7:45 PM</b>	LAP SWIM- (2) OPEN SWIM	LAP SWIM- (1) WATER FITNESS	LAP SWIM- (2) OPEN SWIM	LAP SWIM- (1) WATER FITNESS	LAP SWIM- (2) OPEN SWIM		

Program participants are asked to not enter the pool area until 5-minutes before the program's scheduled time in order to allow lifeguard staff to conduct accountability and keep the flow of operations for each scheduled aquatics program.

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

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