



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.

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30–8:00 AM	LAP SWIM- (5)	LAP SWIM- (4)	LAP SWIM- (5)	LAP SWIM- (4)	LAP SWIM- (5)		
		YBAC MASTERS-(1) 5:30-6:30am		YBAC MASTERS-(1) 5:30-6:30am			
8:00–9:00 AM	WATER FITNESS	WATER FITNESS	WATER FITNESS	WATER FITNESS	WATER FITNESS	LAP SWIM- (5)	
9:00–10:00 AM	WATER FITNESS	WATER FITNESS	WATER FITNESS	WATER FITNESS	WATER FITNESS	WATER FITNESS	
10:00–11:00 AM	LAP SWIM- (2)	LAP SWIM- (1)	LAP SWIM- (2)	LAP SWIM- (1)	LAP SWIM- (2)	LAP SWIM- (2)	
	WATER FITNESS	WATER FITNESS	WATER FITNESS	WATER FITNESS	WATER FITNESS	SWIM LESSONS	
11:00–12:00 PM	LAP SWIM- (2)	LAP SWIM- (2)	LAP SWIM- (2)	LAP SWIM- (2)	LAP SWIM- (2)	LAP SWIM- (2)	
	SWIM LESSONS	SWIM LESSONS	SWIM LESSONS	SWIM LESSONS	SWIM LESSONS	SWIM LESSONS	
12:00–1:00 PM	LAP SWIM- (5)	LAP SWIM- (5)	LAP SWIM- (5)	LAP SWIM- (5)	LAP SWIM- (5)	LAP SWIM- (5)	
1:00–2:00 PM	LAP SWIM- (2)	LAP SWIM- (2)	LAP SWIM- (2)	LAP SWIM- (2)	LAP SWIM- (2)	LAP SWIM- (1)	LAP SWIM- (2)
	CAMP SWIM	CAMP SWIM	CAMP SWIM	CAMP SWIM	CAMP SWIM	OPEN SWIM YBAC SWIM—(2)	OPEN SWIM
2:00–3:00 PM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	LAP SWIM- (1)	LAP SWIM- (2)
	CAMP SWIM	CAMP SWIM	CAMP SWIM	CAMP SWIM	CAMP SWIM	OPEN SWIM YBAC SWIM—(2)	OPEN SWIM
3:00–4:00 PM	CAMP SWIM	CAMP SWIM	CAMP SWIM	CAMP SWIM	CAMP SWIM	LAP SWIM- (1)	LAP SWIM- (2)
	YBAC SWIM—(2)	YBAC SWIM—(2)	YBAC SWIM—(2)	YBAC SWIM—(2)	YBAC SWIM—(2)	OPEN SWIM YBAC SWIM—(2)	OPEN SWIM
4:00–5:00 PM	LAP SWIM- (1)	LAP SWIM- (1)	LAP SWIM- (1)	LAP SWIM- (1)	LAP SWIM (1)	Pool Closes at 3:45pm	LAP SWIM- (2)
	YBAC SWIM—(4)	YBAC SWIM—(4)	YBAC SWIM—(4)	YBAC SWIM—(4)	YBAC SWIM—(4)		OPEN SWIM
5:00–6:00 PM	LAP SWIM- (1)	LAP SWIM- (1)	LAP SWIM- (1)	LAP SWIM- (1)	LAP SWIM- (1)		Pool closes at 4:45pm
	YBAC SWIM—(4)	YBAC SWIM—(4)	YBAC SWIM—(4)	YBAC SWIM—(4)	YBAC SWIM—(4)		
6:00–7:00 PM	YBAC SWIM- (3)	YBAC SWIM- (3)	YBAC SWIM- (3)	YBAC SWIM- (3)	YBAC SWIM- (4)		
	SWIM LESSONS	SWIM LESSONS	SWIM LESSONS	SWIM LESSONS	LAP SWIM- (1)		
7:00–7:45 PM	LAP SWIM- (2)	LAP SWIM- (1)	LAP SWIM- (2)	LAP SWIM- (1)	LAP SWIM- (2)		
	OPEN SWIM	WATER FITNESS	OPEN SWIM	WATER FITNESS	OPEN SWIM		

The pool will close 15 min prior to facility: Monday thru Friday at 7:45 PM, Saturday at 3:45 PM & Sunday at 4:45pm

\*POOL SCHEDULE IS SUBJECT TO CHANGE ON SHORT NOTICE

Lap lanes are first come first serve and 2-3 per lane. Please be courteous to other swimmers and limit your swim time to an hour. Lifeguards may ask you to switch lanes at their discretion. Lap lanes are for lap swimmers only. Any child 12 and under must take a swim test or wear a life jacket. Children in life jackets must have an adult in the water with them. Children 12 and under must have an adult on the deck. Please read through the pool rules on the wall.