



# YMCA POOL SCHEDULE

9/13/2021  
Edited 9.7.2021

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 AM 6:30 AM	Lap Swim (5)	Lap Swim (5)	Lap Swim (5)	Lap Swim (5)	Lap Swim (5)	
6:45 AM 7:45 AM	Lap Swim (5)	Lap Swim (5)	Lap Swim (5)	Lap Swim (5)	Lap Swim (5)	
8:00 AM 8:45 AM	Water Fitness Shallow Class / Deep End Independent	Water Fitness Shallow Class / Deep End Independent	Water Fitness Shallow Class / Deep End Independent	Water Fitness Shallow Class / Deep End Independent	Water Fitness Shallow Class / Deep End Independent	Lap Swim (5)
9:00 AM 9:45 AM	Water Fitness Shallow and Deep Class	Water Fitness Shallow Class / Deep End Independent	Water Fitness Shallow and Deep Class	Water Fitness Shallow Class / Deep End Independent	Water Fitness Shallow and Deep Class	Water Fitness Shallow Class / Deep End Independent
10:00 AM 10:45 AM	Lap Swim (2) Shallow Water Fitness Class Deep End Independent	Lap Swim (2) Shallow Water Fitness Class Deep End Independent	Lap Swim (2) Shallow Water Fitness Class Deep End Independent	Lap Swim (2) Shallow Water Fitness Class Deep End Independent	Lap Swim (2) Shallow Water Fitness Class Deep End Independent	Lap Swim (2) Swim Lessons
11:00 AM 11:45 AM	Lap Swim (5)	Lap Swim (5)	Lap Swim (5)	Lap Swim (5)	Lap Swim (5)	Lap Swim (2) Swim Lessons
12:00 PM 12:45 PM	Lap Swim (5)	Lap Swim (5)	Lap Swim (5)	Lap Swim (5)	Lap Swim (5)	Lap Swim (5)
1:00 PM 1:45 PM	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	Family Swim YBAC (2)/Lap (1)
2:00 PM 2:45 PM	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	Family Swim YBAC (2)/Lap (1)
3:00 PM 3:45 PM	Lap Swim (1) YBAC	Lap Swim (1) YBAC	Lap Swim (1) YBAC	Lap Swim (1) YBAC	Lap Swim (1) YBAC	Family Swim YBAC (2)/Lap (1)
4:00 PM 4:45 PM	Lap Swim (1) YBAC	Lap Swim (1) YBAC	Lap Swim (1) YBAC	Lap Swim (1) YBAC	ASP Swim YBAC	Pool closes 3:45 PM
5:00 PM 5:45 PM	Lap Swim (1) YBAC	Lap Swim (1) YBAC	Lap Swim (1) YBAC	Lap Swim (1) YBAC	Lap Swim (1) YBAC	
6:00 PM 7:00 PM	YBAC Swim Lessons	YBAC Swim Lessons	YBAC Swim Lessons	YBAC Swim Lessons	YBAC	
7:00 PM 7:45 PM	Lap Swim (2) Open Swim	Lap Swim (1) Water Fitness/ Deep end Independent	Lap Swim (2) Open Swim	Lap Swim (1) Water Fitness/ Deep end Independent	Lap Swim (2) Open Swim	

- Lap lane reservations are required and available for a 45 minute time slot. Any timeframe that has lap lanes available will always be the first 45 minutes of the hour (Example: 3:00-3:45).
- Reservations can be made by calling 336.395.9622 or online at [www.acymca.org/programs](http://www.acymca.org/programs)
- Always enter the pool in the shallow end, notifying all swimmers that you will be joining the lane.
- Stand in the water at the end so swimmers who may be flip turning or not wearing their goggles will see that you are entering the water.
- With two swimmers per lane, you may opt to keep to one side of the lane or the other.
- Please be courteous at all times! Only YOU can make lap-swimming work.
- SCHEDULE IS SUBJECT TO CHANGE ON SHORT NOTICE.
- **LOCKER ROOMS CLOSE at 8 PM weeknights and 4 pm Saturdays.**