



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.

WINTER POOL SCHEDULE: JANUARY 2023– FEBRUARY 2023 v.1.1

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

The pool will close Monday thru Friday at 7:45 PM, Saturday at 4:45 PM, and Sunday at 4:45 PM ***POOL SCHEDULE IS SUBJECT TO CHANGE ON SHORT NOTICE**
***In the event of pool closure due to repairs or inclement weather– Friday Lap/Open swim will be forfeit for makeup swim lessons.**

QUESTIONS? Contact our Aquatics Director, Terrell Brewington at tbrewington@acymca.org