



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# PROGRAM POOL SCHEDULE

## APRIL 2024

### SCHEDULE NOTES:

- Lane changes are made by lifeguards 5 minutes prior to the start of programming
- Lap lanes may be used for lap swimming or water walking only (no stationary exercising)
- Lap swimmers are expected to share lanes by either splitting lanes or circle swimming
- Private lessons may use open/lap swim lanes during open hours

MONDAY/WEDNESDAY	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5
5:30am - 7:55pm	OPEN	LAP SWIM			
8:00am - 11:00am	WATER FITNESS				
11:00am - 1:00pm	OPEN	LAP SWIM			
1:00pm - 3:25pm	OPEN	OPEN	LAP SWIM		
3:25pm - 4:25pm	LAP SWIM	YBAC SWIM TEAM			
4:25pm - 7:00pm	----- PROGRAM POOL CLOSED FOR PROGRAMMING -----				
7:00pm - 7:45pm	SWIM LESSONS		LAP SWIM		
TUESDAY/THURSDAY	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5
5:30pm - 6:30am	OPEN	LAP SWIM		YBAC MASTERS SWIM TEAM	
6:30am - 7:55am	LAP SWIM				
8:00am - 11:00am	WATER FITNESS (SHALLOW-END ONLY)				
11:00am - 1:00pm	OPEN	LAP SWIM			
1:00pm - 3:25pm	OPEN	OPEN	LAP SWIM		
3:30pm - 4:00pm	LAP SWIM	YBAC SWIM TEAM			
4:00pm - 7:00pm	----- PROGRAM POOL CLOSED FOR PROGRAMMING -----				
7:00pm - 7:45pm	WATER FITNESS				LAP SWIM
FRIDAY	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5
5:30am - 6:30am	OPEN	LAP SWIM		YBAC SWIM TEAM	
6:30am - 7:55pm	OPEN	LAP SWIM			
8:00am - 11:00am	WATER FITNESS				
11:00am - 1:00pm	OPEN	LAP SWIM			
1:00pm - 3:25pm	OPEN	OPEN	LAP SWIM		
3:30pm - 4:00pm	LAP SWIM	YBAC SWIM TEAM			
4:00pm - 5:00pm	----- PROGRAM POOL CLOSED FOR PROGRAMMING -----				
5:00pm - 7:00pm	LAP SWIM	YBAC SWIM TEAM			
7:00pm - 7:45pm	OPEN	OPEN	LAP SWIM		
SATURDAY	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5
7:00am - 8:55am	OPEN	LAP SWIM			
9:00am - 10:00am	WATER FITNESS (SHALLOW-END ONLY)				
10:00am - 12:30pm	GROUP SWIM LESSONS				LAP SWIM
12:30pm - 4:45pm	OPEN	OPEN	LAP SWIM		
SUNDAY	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5
1:00pm - 3:25pm	OPEN	OPEN	LAP SWIM		
3:00pm - 4:00pm	OPEN	OPEN	LAP SWIM	SPECIAL OLYMPICS SWIM TEAM	
4:00pm - 4:45pm	OPEN	OPEN	LAP SWIM		

SCHEDULE IS SUBJECT TO CHANGE ON SHORT NOTICE

For questions about pool rental/party inquiries, please contact briley penner (Aquatics Director) at bpenner@acymca.org or (336) 395-9622 ext. 215



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ALAMANCE COUNTY COMMUNITY YMCA  
Aquatics Community Update | April 2024

### AQUATICS DIRECTOR UPDATE

Welcome to spring! As we finally leave winter behind, we are looking forward expectantly to the new opportunities that this new season presents to our members and program participants in the pool. As it gets warmer outside we anticipate seeing more people using the pool and participating in our programs. Please be courteous to those that may be new to our facility and make sure to make them feel welcome as we want everyone who uses our facility to feel like they belong to the Y and find a place in our aquatics community!

For Our Community,  
Briley Penner (Aquatics Director)

### CELEBRATE WITH US!

**Congratulations to our very own YBAC Swim Team** for completing another successful season representing our Y and our community at their championship meets in North Carolina and Virginia! YBAC. Our program placed 6th out of 14 teams in our local league and 10th out of 32 teams in our region. We are so proud of our swimmers and how they represented our Y!

**Congratulations to Abigail Bondurant** on her promotion to Head Lifeguard! Abigail has been with us at our Y since August 2023 and has become a constant in our aquatics community. You can normally find Abigail guarding and engaging with members during our water fitness classes on the pool deck. Please tell Abigail congratulations next time you see her!

### LOOKING AHEAD...

**71% of the earth is water. Are you water safe?** From oceans to lakes to streams to swimming pools, water is everywhere. With so many places to explore, make sure you or your child are ready to adventure. Swim lessons are offered for all ages! Ask our front desk for information on how to register for our spring and summer swim lessons.

**Golf ... for a better us.** At the Y, we are committed to providing a place where all people are welcome. We are excited for our upcoming annual golf tournament at The Valley Golf Course on May 2nd in support of our Annual Giving Campaign. Please consider supporting this fundraiser by registering a team of 4 for \$500 or by becoming a hole sponsor for \$200. To register or to become a sponsor, please contact Walter Britt at [wbritt@acymca.org](mailto:wbritt@acymca.org).

**Keep our community safe. Become a lifeguard.** As we look towards the summer, we are offering multiple lifeguard training courses so potential lifeguards interesting in working at our Y or at other facilities in our community. If you are interested in becoming a lifeguard and want to learn more, please contact Briley Penner at [bpenner@acymca.org](mailto:bpenner@acymca.org).

### IMPORTANT SCHEDULE NOTES

**April 1-4:** Kids Fun Day will use 2 lanes from 1-3pm.

**April 5:** The pool will be closed from 5:30-7pm due to programming.

**April 6/7:** 2 lanes will be closed all day for lifeguard training.

**April 17:** Lane 5 will be closed for lifeguard training from 7pm-7:45pm

**April 19:** The pool will be closed from 5:30-7pm due to programming.

**April 20/21:** 2 lanes will be closed all day for lifeguard training.

**April 20:** Lane 5 will be closed for lifeguard training from 7am-8:30am.

**April 27:** Lanes 4/5 will be closed for Senior Games Clinic from 1am-3am.

### MEMBER SPOTLIGHT



**Sandra Smith-Hopkins**

**How long have you been with the Y?**

I got involved with the Y around 2015 and joined the Alamance Y in 2021.

**What's your favorite thing about coming to our Y?**

I love being at the pool and interacting with other people in the water fitness classes. I also love talking with the staff.

**How has the Y impacted your life?**

I love how the Y helps me maintain my health. My health is so important to me and being at the Y allows me to stay fit and healthy.