

YWCA Pool Schedule

February 12 - April 23rd, 2024

schedule subject to change at anytime
reservations required for **LAP SWIM**

recommended: view schedule online prior to coming to facility for updates & cancellations

	monday	tuesday	wednesday	thursday	friday		saturday
5:30a-6:55a	Lap Swim 3 Without Limits 3	Lap Swim 3 Y Dub Tri Club 3	Lap Swim 3 Without Limits 3	Lap Swim 3 Y Dub Tri Club 3	Lap Swim 3 Without Limits 3		7:00a-7:55a Lap Swim 6
7:00a-8:00a	Lap Swim 5 Deep Aerobics 1	Lap Swim 5 Deep Aerobics 1	Lap Swim 5 Deep Aerobics 1	Lap Swim 5 Deep Aerobics 1	Lap Swim 5 Deep Aerobics 1		8:00a-8:55a Lap Swim 3 Shallow Aerob 3
8:15a-9:15a	Lap Swim 3 Shallow Aerob 3	Lap Swim 3 Shallow Aerob 3	Lap Swim 3 Shallow Aerob 3	Lap Swim 3 Shallow Aerob 3	Lap Swim 3 Shallow Aerob 3		9:00a-11:55a Lap Swim 5 Swim Lessons 1
9:30a-11:30a	Lap Swim 6	Lap Swim 6	Lap Swim 6	Lap Swim 6	Lap Swim 6		12:00a-3:55p Lap Swim 6
11:30a-12:25p	Lap Swim 6	Lap Swim 3 Shallow Aerob 3	Lap Swim 6	Lap Swim 6	Lap Swim 3 Shallow Aerob 3		
12:30a-2:25p	Lap Swim 6	Lap Swim 6	Lap Swim 6	Lap Swim 6	Lap Swim 6		
2:30-3:25p	Lap Swim 6	Lap Swim 3	Lap Swim 6	Lap Swim 3	Lap Swim 6		
3:30p-5:30p	No Lanes Available YWCA Barracudas Swim Team Program						sunday
5:30p-6:25p	Lap Swim 3 Swim Team 3	Lap Swim 2 Swim Team 4	Lap Swim 3 Swim Team 3	Lap Swim 2 Swim Team 4			10:00a-3:55a Lap Swim 6
6:30p-7:25p	Lap Swim 3 Swim Lessons 1 Swim Team 2	Lap Swim 3 Swim Lessons 1 Spec Olympics 2	Lap Swim 3 Swim Lessons 1 Swim Team 2	Lap Swim 3 Swim Lessons 1 Spec Olympics 2	Lap Swim 3		

family swim

*Shallow & deep end of the pool only
Reservations not required*

Monday - Friday Saturday Sunday
11:30a - 7:25p 12:00p-3:55p 10:00a-3:55p
RECOMMENDED: check online for closures and schedule updates.

water workout

*Self-directed exercise in the shallow & deep end of the pool
Reservations NOT required*

Monday - Friday Saturday Sunday
5:30a-7:00a 7:00a-3:55p 10:00a-3:55p
8:00a-9:30a*
10:30a*-7:25p

Wed/Fri Flow Motion uses the deep end from 9:30a-10:30a and is unavailable at that time.

Rental groups such as Scuba may be using the deep area of the pool on Saturday mornings.

RECOMMENDED: check online for closures and schedule updates.

notable events & holiday hours

SWIM AGAINST RACISM

Sunday, April 21st 7am-12pm

500 yard, 1/2 mile and 1 mile timed event. Proceeds benefit the YWCA's Outreach and Advocacy Programs. Register online at Eventbrite.com

BUBBLE CLOSURE

Wednesday, April 24th - Tuesday, April 30th

Volunteers needed! Friday, April 26th and Saturday, April 27th! Email us to let us know you can help!

contact

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lap reservations & daily schedule updates

www.ywcalowercapefear.getomnify.com