

YWCA Pool Schedule

May 1 - 19 2024

Mini Schedule

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 6
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-3:25p	Lap Swim 6	Lap Swim 6	Lap Swim 6	Lap Swim 6	Lap Swim 6		
3:30p-5:30p	Lap Swim 6	Lap Swim 3 Swim Clinics 3	Lap Swim 6	Lap Swim 3 Swim Clinics 3	Lap Swim 6		sunday
5:30p-6:25p	Lap Swim 6	Swim Clinics 3 Lap Swim 3	Lap Swim 6	Swim Clinics 3 Lap Swim 3	Lap Swim 6	10:00a-3:55a	Lap Swim 6
6:30p-7:25p	Lap Swim 6	Lap Swim 4 Special Olym 2	Lap Swim 6	Lap Swim 4 Special Olym 2	Lap Swim 6		

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

US MASTERS SWIMMING CLINIC RENTAL

All day Sunday, May 5th
Pool will open at 11am this day

SENIOR SUMMER SIZZLE

Friday, May 10th 4pm-6pm
Join us!

LIFEGUARD TRAINING

It is lifeguard training season! Deep end will be utilized throughout many weekend afternoons and some weekday afternoons in May and June.

SCHOOLS IN POOLS—2nd Grade Swim

Bradley Creek Elementary School 2nd graders @ YWCA May 16, 17, 20, 23 & 24 from 9:15am-11am

Winter Park Elementary School 2nd graders @ YWCA May 29, 29, 30, 31 from 9:15am-11am

Volunteers Needed!

lap reservations & daily schedule updates

www.ywcalowercapefear.getomnify.com

Contact

910-799-6820 x109 pool@ywca-lowercapefear.org