



# YWCA Pool Schedule May 20 - July 21, 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	6 lanes until 6/5 Starting 6/6, no lanes available							
3:30p-5:30p	No Lanes Available							<b>sunday</b>
5:30p-6:25p	YWCA Barracudas Swim Team Program Over 230 Summer Swim Team Participants!						10:00a-3:55a	Lap Swim 6
6:30p-7:25p	Lap Swim 5 Swim Lessons 1	Lap Swim 3 Swim Lessons 1 Spec Olympics until 5/28 2	Lap Swim 5 Swim Lessons 1	Lap Swim 5 Swim Lessons 1	Lap Swim 6			

## family swim

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

Monday - Friday      Saturday      Sunday  
11:30a - 3:25p      12:00p-3:55p      10:00a-3:55p  
4:30p-7:25p

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 MEETS - POOL CLOSE @ 2:30pm**

Tuesday, July 2nd  
Wednesday, July 10th  
Wednesday, July 17th  
GO BARRACUDAS!

**Holidays - Pool Open!**

Memorial Day Family Fun Day 1pm-3pm  
Juneteenth Family Fun Day 1pm-3pm  
July 4th Family Fun Day 1pm-3pm  
Tickets Available at Pool Front Desk

## contact

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

## lap reservations & daily schedule updates

www.ywcalowercapefear.getomnify.com