

YWCA Pool Schedule April 28th—July 18th, 2021

schedule subject to change at anytime

| | 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 4 Deep Aerobics 2 | Lap Swim 4 Deep Aerobics 2 | Lap Swim 4 Deep Aerobics 2 | Lap Swim 4 Deep Aerobics 2 | Lap Swim 4 Deep Aerobics 2 | 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-11:55p | Lap Swim 5 Swim Lessons 1 |
| 9:30a-10:25p | Lap Swim 6 | Lap Swim 6 | Lap Swim 6 | Lap Swim 6 | Lap Swim 6 | 12:00p-5:55p | Lap Swim 6 |
| 10:30a-12:25p | Lap Swim 5 Swim Lessons 1 | Lap Swim 5 Swim Lessons 1 | Lap Swim 5 Swim Lessons 1 | Lap Swim 5 Swim Lessons 1 | Lap Swim 5 Swim Lessons 1 | | sunday |
| 12:30p-3:25p | Lap Swim 6 | Lap Swim 6 | Lap Swim 6 | Lap Swim 6 | Lap Swim 6 | 10:00-3:55p | Lap Swim 6 |
| 3:30p-5:25p | No Lap Lanes Available YWCA Swim Team May 10th - July 16th | | | | | | |
| 5:30p-6:25p | Lap Swim 2 YW Swim Team 4 | Lap Swim 2 YW Swim Team 4 | Lap Swim 2 YW Swim Team 4 | Lap Swim 2 YW Swim Team 4 | Lap Swim 2 YW Swim Team 4 | | |
| 6:30p-7:25p | Lap Swim 5 Swim Lessons 1 | Lap Swim 3 Spec Oly 2 Swim Lessons 1 | Lap Swim 5 Swim Lessons 1 | Lap Swim 5 Swim Lessons 1 | Lap Swim 6 | | |

family swim

*Shallow & deep end
of the pool only*

Monday—Friday
11:30a-3:25p & 5:30p-7:25

Saturday
11:00a-5:55p

Sunday
10:00a-3:55p

hours of operation

Monday—Friday
5:30a—7:25p

Saturday
7:00a—5:55p

Sunday
10:00a—3:55p

Private Pool Parties Now Available!

holiday hours:

Memorial Day
Monday, May 31st
Regular operating hours

July 4th
Sunday, July 4th
Regular operating hours

Labor Day:
Monday, September 6th
Regular operating hours

water workout

Self-directed exercise in the shallow & deep end of the pool

Monday—Friday
5:30a-3:25p & 5:30p-7:25p

Saturday
11:00a-5:55p

Sunday
10:00a-3:55p

*Mon-Fri, the deep end is not available from 7:00a-8:00a
Wed/Fri Flow Motion uses the deep end from 9:30a-10:30a.
This area is open for others, but fewer spaces are available.*

contact

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Wilmington, NC 28412

910-799-6820 x109

www.ywca-lowercapefear.org

SWIM RESERVATIONS:

www.ywcalowercapefear.getomnify.com