

eliminating racism
empowering women



YWCA 6 LANE POOL SCHEDULE

NOVEMBER 2nd 2020 - JANUARY 31st 2021

Monday through Thursday 5:30 a.m. - 7:15 p.m. and Friday 5:30 a.m. - 3:15 p.m.

Saturday 7:00 a.m. - 4:45 p.m.

Sunday 10:00 a.m. - 1:45 p.m.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30am-7:00am Lap Swim 3 Without Limits 3	5:30am-7:00am Lap Swim 3 YWCA Tri-Club 3	5:30am-7:00am Lap Swim 3 Without Limits 3	5:30am-7:00am Lap Swim 3 YWCA Tri-Club 3	5:30am-7:00am Lap Swim 3 Without Limits 3	7:00am-7:45am Lap Swim 6
7:00am-8:00am Lap Swim 4 Water Aerobics Dp 2	7:00am-8:00am Lap Swim 4 Water Aerobics Dp 2	7:00am-8:00am Lap Swim 4 Water Aerobics Dp 2	7:00am-8:00am Lap Swim 4 Water Aerobics Dp 2	7:00am-8:00am LapSwim 4 Water Aerobics Dp 2	8:00am-9:00am Lap Swim 3 Water Aerobics Sh 3
8:15am-9:15am Lap Swim 3 Water Aerobics Sh 3	8:15am-9:15am Lap Swim 3 Water Aerobics Sh 3	8:15am-9:15am Lap Swim 3 Water Aerobics Sh 3	8:15am-9:15am Lap Swim 3 Water Aerobics Sh 3	8:15am-9:15am Lap Swim 3 Water Aerobics Sh 3	9:00am-4:45pm Lap Swim 6 FAMILY SWIM TIME
9:30am-3:15pm Lap Swim 6	9:30am-3:15pm Lap Swim 6	9:30am-3:15pm Lap Swim 6	9:30am-3:15pm Lap Swim 6	9:30am-3:15pm Lap Swim 6	11:00am-4:45pm
No Lap Lanes Open 3:30pm-5:30pm High School Swim 6	No Lape Lanes Open 3:30pm-5:30pm YWCA/High SwimT 6	No Lap Lanes Open 3:30pm-5:30pm High School Swim 6	No Lap Lanes Open 3:30pm-5:30pm YWCA/High School 6	No Lap Lanes Open 4:30pm--8:00pm YWCA/High School 6	SUNDAY 10:00am-1:45pm Lap Swim 6 FAMILY SWIM TIME 10:00am-1:45pm
5:30pm-7:15pm Lap Swim 6	5:30pm-6:30pm Lap Swim 3 YWCA Swim Team 3 6:30pm-7:15pm Lap Swim 6	5:30pm-7:15pm Lap Swim 6	5:30pm-6:30pm Lap Swim 3 YWCA Swim Team 3 6:30pm-7:15pm Lap Swim 6		

FAMILY SWIM TIME IN DEEP AND SHALLOW ENDS				
11:30am-3:15pm	11:30am-3:15pm	11:30am-3:15pm	11:30am-3:15pm	11:30am-3:15pm
5:30pm-7:15pm	5:30pm-7:15pm	5:30pm-7:15pm	5:30pm-7:15pm	

Flow Motion uses the Deep End for Water Aerobics on Wednesday and Friday from 9:30am-10:30am

Swim Times are for 45 minutes for Lap Swim and Water Workout, Family swim can sign up for 2 consecutive blocks

Swim times start on the HALF HOUR Monday -Friday and on the HOUR on Saturday and Sunday

SWIM LESSONS: MONDAY and WEDNESDAY AFTERNOONS 1:00pm-3:30pm
EVENINGS IN THE SHALLOW AND DEEP ENDS from 5:45pm-7:30pm
SATURDAYS IN THE SHALLOW AND DEEP ENDS from 9:00am-11:30am

POOL CLOSES AT 3:15 ON FRIDAYS FOR LAP AND FAMILY SWIM

HOLIDAY CLOSINGS:

THURSDAY, NOVEMBER 26th closed for THANKSGIVING

THURSDAY, DECEMBER 24th close at 12:00 pm. And FRIDAY, DECEMBER 25th CLOSED FOR CHRISTMAS

FRIDAY, JANUARY 1st CLOSED FOR NEW YEAR'S DAY

MONDAY, JANUARY 18th CLOSED FOR MARTIN LUTHER KING Jr. DAY

YWCA Lower Cape Fear
2815 S. College Rd
Wilmington, NC 28412
910-799-6820 ext 109