

YWCA Pool Schedule May 4th—July 16th

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

Recommended to view schedule online prior to coming to facility for updates & cancelations

	monday	tuesday	wednesday	thursday	friday		saturday
5:30a-6:55a	Lap Swim 3 Without Limits 3	Lap Swim 4 Y Dub Tri Club 2	Lap Swim 3 Without Limits 3	Lap Swim 4 Y Dub Tri Club 2	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-12:30p	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	12:00a-3:55p	Lap Swim 6
12:30p-2:25p	Lap Swim 6	Lap Swim 6	Lap Swim 6	Lap Swim 6	Lap Swim 6		sunday
2:30p-6:30p	No Lap Lanes Available Starting May 16th YWCA Swim Team 200 Swimmers this Season! Let's Go Barracudas!					10:00a-10:55a	Lap Swim 5 Y Dub Tri Club 1
6:30p-7:25p	Lap Swim 5 Swim Lessons 1	Lap Swim 2 Spec Oly 3 Swim Lessons 1	Lap Swim 5 Swim Lessons 1	Lap Swim 5 Swim Lessons 1	Lap Swim 5 Swim Lessons 1	11:00a-3:55a	Lap Swim 6

water workout

Self-directed exercise in the shallow & deep end of the pool
Reservations no longer required starting May 2022!

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

Wed/Fri Flow Motion uses the deep end from 9:30a-10:30a.

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

family swim

Shallow & deep end of the pool only

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

Reservations no longer required starting May 2022! Please adhere to a maximum 2 hour visit limit. RECOMMENDED: check online for closures and schedule updates.

hours of operation

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

contact

2815 S. College Rd Wilmington, NC 28412	910-799-6820 x109 www.ywca-lowercapefear.org
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SWIM RESERVATIONS:
www.ywcalowercapefear.getomnify.com

notable events & holiday hours

HOLIDAYS - OPEN REGULAR HOURS

Memorial Day
July 4th
Labor Day

BUBBLE PUT UP

Wednesday, September 14
Tuesday, September 20 - CLOSED

SUMMER SWIM TEAM

Swim team season, May 16th—July 15th
May 16th-31st, 3:30-6:30 practice
Starting May 31st, swim team begins practice at 2:30pm.
Lap swim schedule opens back up July 18th

SWIM LESSONS

Start June 6th
No Swim Lessons on Fridays unless a make up lesson is scheduled

SWIM MEETS—Facility closes at 2:30pm

Thursday, June 16th
Wednesday, June 22nd
Tuesday, July 12th

SPECIAL EVENTS AND RENTALS

Pool Rental, May 27th - 29th, limited deep end availability
World's Largest Swim Lesson, June 26th
iCanSwim Camp, August 8th-12th, limited lap lane availability throughout the day