

YWCA Pool Schedule October 3rd - February 10th

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

recommended to 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 4 Y Dub Tri Club 2	Lap Swim 3 Without Limits 3	Lap Swim 2 Y Dub Tri Club 2 High School Swim 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-3:25p	Lap Swim 6	Lap Swim 6 Starting 11/1, 3 lane available 2:30-3:30	Lap Swim 6	Lap Swim 6	Lap Swim 6	12:00a-3:55p	Lap Swim 6
3:30p-4:00p	30 Minutes Express Lap Swim—6 Lanes	30 Minutes Express Lap Swim—3 Lanes	30 Minutes Express Lap Swim—6 Lanes	30 Minutes Express Lap Swim—3 Lanes	30 Minutes Express Lap Swim—6 Lanes		
4:00p-5:30p	No Lanes Available YWCA Barracudas Swim Team—Ashley High School—Hoggard High School—Cape Fear Academy						sunday
5:30p-6:25p	Lap Swim 6	Lap Swim 2 Swim Team 4	Lap Swim 6	Lap Swim 2 Swim Team 4	No Lanes Available	10:00a-3:55a	Lap Swim 6
6:30p-7:25p	Lap Swim 5 Swim Lessons 1	Lap Swim 5 Swim Lessons 1 Starting 11/22, 2 lane available 6:30-7:30	Lap Swim 5 Swim Lessons 1	Lap Swim 5 Swim Lessons 1	YWCA Barracudas Swim Team Program		

water workout

*Self-directed exercise in the shallow & deep end of the pool
Reservations NOT required*

Monday - Friday 5:30a-7:00a 8:00a-7:25p	Saturday 7:00a-3:55p	Sunday 10:00a-3:55p
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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
Reservations NOT required*

Monday - Friday 11:30a - 7:25p	Saturday 12:00p-3:55p	Sunday 10:00a-3:55p
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RECOMMENDED: check online for closures and schedule updates.

contact

2815 S. College Rd Wilmington, NC 28412	910-799-6820 x109 www.ywca-lowercapefear.org
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**lap reservations
& daily schedule updates**
www.ywcalowercapefear.getomnify.com

notable events & holiday hours

THANKSGIVING

Wednesday, November 23rd—Close @ 4pm
Thursday, November 24th—Closed
Friday, November 25th—Regular Hours

CHRISTMAS

Saturday, December 24th—Closed
Sunday, December 25th—Closed
Monday, December 26th—Regular Hours

NEW YEARS

Saturday, December 31st—Regular Hours
Sunday, January 1st—Closed

HIGH SCHOOL SWIM TEAM

Swim meets for the high school teams require some schedule changes for the YWCA aquatics programs. They will be posted at the facility and on online reservation webpage.

SPECIAL OLYMPICS

Begins Tuesday, November 22nd. They will use 3 lanes every Tuesday from 6:30pm-7:30pm until the state swim meet in early June.