



# YWCA Pool Schedule September 28 - February 9

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 4 Y Dub Tri Club 2	Lap Swim 3 Without Limits 3	Lap Swim 2 Y Dub Tri Club 2 HS Swim 2 Lanes starting week of 10/30	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-11:25p	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		
12:30p-3:25p	Lap Swim 6	Lap Swim 6 Starting 10/31, 3 lanes available 2:30-3:30	Lap Swim 6	Lap Swim 6	Lap Swim 6		<b>sunday</b>
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		10:00a-11:55a Lap Swim 5 Tri Club 1
4:00p-5:30p	No Lanes Available YWCA Barracudas Swim Team—Ashley High School—Hoggard High School—Cape Fear Academy						11:00a-3:55p Lap Swim 6
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		
6:30p-7:25p	Lap Swim 5 Swim Lessons 1	Lap Swim 5 Swim Lessons 1 Starting Dec, 3 lanes available 6:30-7:30	Lap Swim 5 Swim Lessons 1	Lap Swim 5 Swim Lessons 1 Starting Dec, 3 lanes available 6:30-7:30	YWCA Barracudas Swim Team Program		

### family swim

Shallow & deep end of the pool only  
Reservations not required

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

### 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

\*Flow Motion uses the deep end from 9:30a-10:30a on Wednesdays and Fridays and is unavailable at that time.

Rental groups such as Scuba may be using the deep area of the pool on Saturday mornings and other times during the week. When able, YWCA staff will set aside lane 6 for deep water exercise when rentals are taking place.

### lap reservations & daily schedule updates

[www.ywcalowercapefear.getomnify.com](http://www.ywcalowercapefear.getomnify.com)

### notable events & holiday hours

#### THANKSGIVING

Wednesday, November 22nd—Close @ 4pm  
Thursday, November 23rd—Closed  
Friday, November 24th—Regular Hours

#### CHRISTMAS

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

#### NEW YEARS

Sunday, December 31st—Closed  
Monday, January 1st—Closed

#### HIGH SCHOOL SWIM TEAM

Keep an eye around the facility and on reservation website for special closures for swim meets.

#### SPECIAL OLYMPICS

Begins in December. They will use 2 lanes every Tuesday and Thursday from 6:30pm-7:30pm until the state swim meet in early June.