



FOR YOUTH DEVELOPMENT™  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# INDOOR POOL SCHEDULE

AMON G. CARTER, JR. DOWNTOWN YMCA

Effective: 1/9/2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>FWTC</b> <b>5:30a-6:30a</b> *2 lap lanes available.	<b>Lap Swim</b> <b>5:30a-9:00a</b>			<b>Lap &amp; Family Swim</b> <b>5:30a-4:00p</b>	<b>CLOSED</b>	<b>CLOSED</b>
<b>Lap Swim</b> <b>6:30a-9:00a</b>						
<b>Water Aerobics</b> <b>9:00a-10:00a</b> *3 lap lanes available.	<b>Water Aerobics</b> <b>9:00a-10:00a</b> *3 lap lanes available.	<b>Water Aerobics</b> <b>9:00a-10:00a</b> *3 lap lanes available.	<b>Water Aerobics</b> <b>9:00a-10:00a</b> *3 lap lanes available.	<b>Lap &amp; Family Swim</b> <b>8:00a-3:00p</b>	<b>CLOSED</b>	<b>CLOSED</b>
<b>Lap &amp; Family Swim</b> <b>10:00a-4:00p</b>	<b>ELLA Swim Lessons</b> <b>10:30a-11:30a</b> *4 Lap Lanes Available	<b>Lap &amp; Family Swim</b> <b>10:00a-4:00p</b>	<b>ELLA Swim Lessons</b> <b>10:30a-11:30a</b> *4 Lap Lanes Available			
<b>Swim Lessons</b> <b>Lap &amp; Family Swim</b> <b>4:00p-7:45p</b>	<b>SWIM TEAM &amp; Swim Lessons</b> <b>3:30p-5:15p</b> * NO LAP SWIM available.	<b>SWIM TEAM &amp; Swim Lessons</b> <b>4:00p-5:15p</b> * 2 lap lanes available.	<b>SWIM TEAM &amp; Swim Lessons</b> <b>3:30p-5:15p</b> * NO LAP SWIM available.	<b>SWIM TEAM</b> <b>3:30p-5:00p</b> *1 lap lane available.	<b>CLOSED</b>	<b>Lap &amp; Family Swim</b> <b>1:00p-4:45p</b>
	<b>Swim Lessons</b> <b>Lap &amp; Family Swim</b> <b>5:15p-7:45p</b>	<b>Swim Lessons</b> <b>Lap &amp; Family Swim</b> <b>5:15p-7:45p</b>	<b>Swim Lessons</b> <b>Lap &amp; Family Swim</b> <b>5:15p-7:45p</b>	<b>Swim Lessons</b> <b>Lap &amp; Family Swim</b> <b>5:15p-7:45p</b>		<b>Lap &amp; Family Swim</b> <b>5:00p-6:45p</b>

## ADDITIONAL SWIM INFORMATION:

- For additional questions, please contact Samantha Ridge, Aquatics Director, at [SRidge@ymcafw.org](mailto:SRidge@ymcafw.org).