



FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

INDOOR POOL SCHEDULE

AMON G. CARTER, JR. DOWNTOWN YMCA

Effective: 11/07/2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Lap Swim 5:30a-9:00a					
Water Aerobics 9:00a-10:00a *4 lap lanes available.	Water Aerobics 9:00a-10:00a *4 lap lanes available.	Water Aerobics 9:00a-10:00a *4 lap lanes available.	Water Aerobics 9:00a-10:00a *4 lap lanes available.	Lap & Family Swim 5:30a-4:00p	
Lap & Family Swim 10:00a-4:00p	Lap & Family Swim 10:00a-3:45p				Lap & Family Swim 8:00a-3:00p
Swim Lessons Lap & Family Swim 4:00p-7:45p	SWIM TEAM & Swim Lessons 4:00p-5:15p * NO LAP SWIM available.	SWIM TEAM & Swim Lessons 4:00p-5:15p * 2 lap lanes available.	SWIM TEAM & Swim Lessons 4:00p-5:15p * NO LAP SWIM available.	SWIM TEAM 4:00p-5:15p *1 lap lane available.	
	Swim Lessons Lap & Family Swim 5:15p-7:45p	Swim Lessons Lap & Family Swim 5:15p-7:45p	Swim Lessons Lap & Family Swim 5:15p-7:45p	Swim Lessons Lap & Family Swim 5:15p-7:45p	Lap & Family Swim 5:15p-6:45p

ADDITIONAL SWIM INFORMATION:

- For additional questions, please contact Samantha Ridge, Aquatics Director, at SRidge@ymcafw.org.