



FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

INDOOR POOL SCHEDULE

AMON G. CARTER, JR. DOWNTOWN YMCA

Effective: 3/1/2023

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

ADDITIONAL SWIM INFORMATION:

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