



FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

INDOOR POOL SCHEDULE

AMON G. CARTER, JR. DOWNTOWN YMCA

Effective: 5/1/2023

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

ADDITIONAL SWIM INFORMATION:

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