



FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

INDOOR POOL SCHEDULE

AMON G. CARTER, JR. DOWNTOWN YMCA

Effective: 8/14/2023

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.			
ELLA SWIM LESSONS 10:00a—11:00a	Lap & Family Swim 10:00a—4:15p	ELLA SWIM LESSONS 10:00a—11:00a	Lap & Family Swim 10:00a—4:15p			
Lap & Family Swim 11:00a—4:15p		Lap & Family Swim 11:00a—4:15p				
Swim Lessons 4:15p-7:15p * 4 lap lanes available.	Swim Lessons 4:15p-7:15p * 4 lap lanes available.	Swim Lessons 4:15p-7:15p * 4 lap lanes available.	Swim Lessons 4:15p-7:15p * 4 lap lanes available.		Lap & Family Swim 8:00a-3:45p	Lap & Family Swim 1:00p-4:45p
Lap & Family Swim 7:15p-7:45p	Lap & Family Swim 7:15p-7:45p * 3 lap lanes available.	Lap & Family Swim 7:15p-7:45p	Lap & Family Swim 7:15p-7:45p * 3 lap lanes available.	Facility Closes @ 7:00p.		

ADDITIONAL SWIM INFORMATION:

- For additional questions, please contact Samantha Ridge, Aquatics Director, at SRidge@ymcafw.org.
- **NO FAMILY SWIM** during swim lessons—lap swim only.
- Pool closes 15 minutes before facility closes.