



FOR YOUTH DEVELOPMENT™  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# INDOOR POOL SCHEDULE

AMON G. CARTER, JR. DOWNTOWN YMCA

August 22, 2021–December 31, 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Lap Swim 5:30a-8:45a	Lap Swim 5:30a-8:45a	Lap Swim 5:30a-8:45a	Lap Swim 5:30a-8:45a	<b>Lap &amp; Family Swim</b> <b>5:30a-7:00p</b> Please note that the facility closes at 7pm so please plan your post swim routine accordingly.	<b>Lap &amp; Family Swim</b> <b>8:00a-1:00p</b>
Water Aerobics 8:45a-9:45a	Water Aerobics 8:45a-9:45a	Water Aerobics 8:45a-9:45a	Water Aerobics 8:45a-9:45a		
Lap & Family Swim 9:45a-6:00p	Lap & Family Swim 9:45a-6:00p	Lap & Family Swim 9:45a-6:00p	Lap & Family Swim 9:45a-6:00p		
Lap & Swim Team 6:00p-7:30p	Lap & Swim Team 6:00p-7:30p	Lap & Swim Team 6:00p-7:30p	Lap & Swim Team 6:00p-7:30p		

## ADDITIONAL SWIM INFORMATION:

- Swim Lesson registration is available online at [www.ymcafw.org/swim](http://www.ymcafw.org/swim)
- This schedule will change as more programs resume.
- We do allow lap swim during Water Aerobics but not family swim.
- For additional questions, please contact Daniel Clemons, North Regional Aquatics Director, [DClemons@ymcafw.org](mailto:DClemons@ymcafw.org).