



FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

INDOOR POOL SCHEDULE

AMON G. CARTER, JR. DOWNTOWN YMCA

Effective: 10/12/2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Lap Swim 6:00a-7:45a					
Swim Team & Lap Swim 7:45a-8:45a *Two lap lanes are available for members during this time.					Lap Swim 8:00a-1:00p
Lap Swim 8:45a-9:15a					
Lap Swim 9:15a-10:15a	Water Aerobics 9:15a-10:15a	Lap Swim 9:15a-10:15a	Water Aerobics 9:15a-10:15a	Lap Swim 9:15a-10:15a	
Lap Swim 10:15a-1:00p					
POOL CLOSED 1:00pm-3:00pm					
Lap Swim 3:00p-4:30p					
Swim Team & Lap Swim 4:30p-7:00p *Two lap lanes are available for members during this time.					

ADDITIONAL SWIM INFORMATION:

- Two lap swimmers are permitted per lap lane. If sharing a lane, each swimmer must enter the water at opposite ends of the pool and may only stop on the end where they entered.
- Swim Lesson registration is available online at www.ymcafw.org/programs/private-swim-lessons
- This schedule will change as more programs resume. Please check www.ymcafw.org/reopening regularly for updates.
- For additional questions, please contact Daniel Clemons, Northeast Regional Aquatics Director, DClemons@ymcafw.org.