



# J. Douglas Williams YMCA Pool Schedule

Effective May - August 2019

\*\*\*Schedule subject to change without notice\*\*\*

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
5:30 AM	Lap Swim (6 Lanes)							
6:00 AM	Masters (5 Lanes)	Lap Swim (6 Lanes)	Masters (5 Lanes)	Lap Swim (6 Lanes)	Masters (5 Lanes)			
6:30 AM	Lap Swim (1 Lane)		Lap Swim (1 Lane)		Lap Swim (1 Lane)			
7:00 AM	Lap Swim (5 Lanes)							
7:30 AM	Rec & Family Swim (Shallow End & 1 Lane)							
8:00 AM	Lap Swim (3 Lanes)							
8:30 AM	Swim Lessons (2 Lanes)							
9:00 AM	Rec & Family Swim (Shallow End & 1 Lane)							
9:30 AM	Lap Swim (3 Lanes)							Lap Swim (4 Lanes) Swim Lessons (1 Lane) Rec & Family Swim (Shallow End & 1 Lane)
10:00 AM	Swim Lessons (2 Lanes)							
10:30 AM	Water Aerobics (Shallow End & 1 Lane)							
11:00 AM	Rec & Family Swim (Shallow End)							
11:30 AM								
12:00 PM	Lap Swim (5 Lanes)			Lap Swim (4 Lanes)	Lap Swim (5 Lanes)			
12:30 PM	Rec & Family Swim (Shallow End & 1 Lane)			Water Aerobics (2 Lanes)	Rec & Family Swim (Shallow End & 1 Lane)			
1:00 PM	Lap Swim (5 Lanes)	Lap Swim (5 Lanes)	Lap Swim (5 Lanes)	Lap Swim (5 Lanes)	Lap Swim (5 Lanes)	Lap Swim (5 Lanes) Rec & Family Swim (Shallow End & 1 Lane)		
1:30 PM	Water Aerobics (1 Lane)	Rec & Family Swim (Shallow End & 1 Lane)	Water Aerobics (1 Lane)	Rec & Family Swim (Shallow End & 1 Lane)	Water Aerobics (1 Lane)			
2:00 PM	Lap Swim (5 Lanes)							
2:30 PM	Rec & Family Swim (Shallow End & 1 Lane)							
3:00 PM								
3:30 PM								
4:00 PM								
4:30 PM	YCF Storm (4 Lanes)							
5:00 PM	Lap Swim (1 Lane)							
5:30 PM	Swim Lessons (1 Lane & Shallow End)							
6:00 PM	Rec & Family Swim (Shallow End)							
6:30 PM								
7:00 PM	LMHS Water Polo (5 Lanes)							
7:30 PM	Lap Swim (1 Lane Shared with Advanced Lessons)							
8:00 PM	Swim Lessons (Shallow End & 1 Lane Shared with Lap Swim)							
8:30 PM	Rec & Family Swim (Shallow End)							