



# J. Douglas Williams YMCA Pool Schedule

Effective August - December 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 (5 Lanes)						
8:30 AM	Rec & Family Swim (Shallow End & 1 Lane)						
9:00 AM							
9:30 AM	Lap Swim (4 Lanes)						
10:00 AM	Water Aerobics (Shallow End & 1 Lane)						
10:30 AM	Rec & Family Swim (Shallow End & 1 Lane)						
11:00 AM							
11:30 AM							
12:00 PM	Lap Swim (5 Lanes)			Lap Swim (4 Lanes) Water Aerobics (2 Lanes)	Lap Swim (5 Lanes) Rec & Family Swim (Shallow End & 1 Lane)	Lap Swim (3 Lanes) Swim Lessons (2 Lanes) Rec & Family Swim (Shallow End & 1 Lane)	
12:30 PM	Rec & Family Swim (Shallow End & 1 Lane)						
1:00 PM	Lap Swim (5 Lanes) Water Aerobics (1 Lane)	Lap Swim (5 Lanes) Rec & Family Swim (Shallow End & 1 Lane)	Lap Swim (5 Lanes) Water Aerobics (1 Lane)	Lap Swim (5 Lanes) Rec & Family Swim (Shallow End & 1 Lane)	Lap Swim (5 Lanes) Water Aerobics (1 Lane)		
1:30 PM							
2:00 PM	LMHS Varsity Swim Team (5 Lanes)						
2:30 PM	Lap Swim (1 Lane)						
3:00 PM	Rec & Family Swim (Shallow End)						
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 JV Swim Team (4 Lanes)						
7:30 PM	Lap Swim (1 Lane)						
8:00 PM	Swim Lessons (Shallow End & 1 Lane)						
8:30 PM	Rec & Family Swim (Shallow End)						