



Adrian L. Shuford Jr. YMCA

Pool Schedule August 29th - October 30th

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00a-6:00a	6 -Lap	6 -Lap	6 -Lap	6 -Lap	6 -Lap		
6:00a-7:00a	6 -Lap	6 -Lap	6 -Lap	6 -Lap	6 -Lap		
7:00a-8:00a	6 -Lap	6 -Lap	6 -Lap	6 -Lap	6 -Lap		
8:00a-8:30a	1-Lap	1-Lap	1-Lap	1-Lap	1-Lap	6 -Lap	
8:30a-9:30a	6 -WF	5 -WF, 1-Lap	6 -WF	5 -WF, 1-Lap	6 -WF	2 -Lap, 4-SL	
9:30a-10:00a	1-Lap	1-Lap	1-Lap	1-Lap	1-Lap	2 -Lap, 4-SL	
10:00a-11:00a	6 -WF	3-Lap, 3 - Open	6 -WF	3-Lap, 3 - Open	6 -WF	2 -Lap, 4-SL	
11:00a-12:00p	6 -Lap	6 -Lap	6 -Lap	6 -Lap	6 -Lap	2 -Lap, 4-SL	
12:00p-1:00p	3 -WF, 3- Lap	6 -Lap	3 -WF, 3- Lap	6 -Lap	3 -WF, 3- Lap	2 -Lap, 4-Open	
1:00p-2:00p	6 -Lap	6 -Lap	6 -Lap	6 -Lap	6 -Lap	2 -Lap, 4-Open	6- Lap
2:00p-3:00p	3-Lap, 3 - Open	3-Lap, 3 - Open	3-Lap, 3 - Open	3-Lap, 3 - Open	3-Lap, 3 - Open	2 -Lap, 4-Open	2-Lap, 4-Open
3:00p-4:00p	3-Lap, 3- Open	3-Lap, 3- Open	3-Lap, 3- Open	3-Lap, 3- Open	3-Lap, 3- Open	2 -Lap, 4-Open	2-Lap, 4-Open
4:00p-4:30p	3-Lap, 3-ST	3-Lap, 3- Open	3-Lap, 3-ST	3-Lap, 3- Open	3-Lap, 3-ST	2-Lap, 4-Open	2-Lap, 4-Open
4:30p-5:00p	3-Lap, 3-ST	3-Lap, 3- Open	3-Lap, 3-ST	3-Lap, 3- Open	3-Lap, 3-ST		
5:00p-6:00p	3-SL, 3-ST	4-SL, 2-Lap	4-SL, 2-ST	4-SL, 2-Lap	3 -Lap, 3-ST		
6:00p-7:00p	6 -WF/SL	6 -WF/SL	6 -WF/SL	6 -WF/SL	3 -Lap, 3 -Open		
7:00p-8:00p	3 -Lap, 3 -Open	3 -Lap, 3 -Open	3 -Lap, 3 -Open	2 -Lap, 3 -Open, 1-SL			
8:00p-8:30p	3 -Lap, 3 -Open	3 -Lap, 3 -Open	3 -Lap, 3 -Open	3 -Lap, 3 -Open			

Water Fitness Classes	
M,W,F 8:30-9:30a Deep Water Jog	M,W,F 10:00-11:00a Shallow Water Exercise
M,W,F 12:00-1:00p Silver Wings	M,W 6:00-7:00p Deep Water Jog
Tues,Thurs 6:00-7:00 Aqua Challenge	Tuesday 8:30-9:30a Aqua Yoga
	Thursday 8:30-9:30a Aqua Challenge

Legend:			
Lap	Lap Lanes	WF	Water Fitness
SL	Swim Lesson	Open	Open Swim
ST	Swim Team	SC	Summer Camp

Splash Pad Hours-
Monday - Thursday:
 11a-8:15p
Friday:
 11a-7:15p
Saturday:
 10a-4:15p
Sunday:
 1p-4:15p