



# Adrian L. Shuford Jr. YMCA

## Pool Schedule September 27th- October 26th

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

\*\*This schedule is subject to change\*\*

Legend:			
Lap	Lap Lanes	WF	Water Fitness
SL	Swim Lesson	Open	Open Swim
ST	Swim Team	DC	Day Care