

Adrian L. Shuford Jr. YMCA

Pool Schedule September 27th- October 26th

| Time | Monday | | Tuesday | | Wednesday | | Thursday | | Friday | | Saturday | | Sunday | |
|---------------|--------|-----------|---------|--------|-----------|--------|----------|--------|--------|--------|----------|--------|----------|--------|
| 5:00a-6:00a | | | | | | | | | | | | | | |
| 6:00a-7:00a | 6-Lap | | 6-Lap | | 6-Lap | | 6-Lap | | 6-Lap | | Closed | | | |
| 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 | | 6.1 | \//E | | | Closed | |
| 9:00a- 9:30a | | | | | | | | | 6-WF | | | | Closed | |
| 9:30a-10:00a | 1-Lap | | 3-Lap | 3-Open | 1-Lap | | 3-Lap | 3-Open | 1-1 | ∟ap | 2-Lap | 4-SL | | |
| 10:00a-11:00a | 6-V | VF | 3-Lap | 3-Open | 6-1 | WF | 3-Lap | 3-Open | 6- | WF | | | | |
| 11:00a-12:00p | 6-Lap | | 6-Lap | | 6-Lap | | 6-Lap | | 6-Lap | | | | | |
| 12:00p-1:00p | 4-WF | 2-Lap | 0-1 | Lαp | 4-WF | 2-Lap | 0-Lap | | 4-WF | 2-Lap | | | | |
| 1:00p-1:30p | 4-Lap | 2-Open | | | 4-Lap | 2-Open | | | 4-Lap | 2-Open | | | 6-Lap | |
| 1:30p-2:00p | | | | | | | | | | | | | | |
| 2:00p-3:00p | 4 сар | 2 Open | | | 4 Lap | | | | - Lap | 2 Open | 2-Lap | 4-Open | 2-Lap | 4-Open |
| 3:00p-3:30p | | | 4-Lap | 2-Open | | 2-Lap | 4-Lap | 2-Open | | | | | 2 Lup | 4 Орсп |
| 3:30p-4:00p | 4-ST | 2-Lap | | | 4-ST | | | | 4-ST | 2-Lap | | | 3-WF | 3-Open |
| 4:00p-4:30p | | | | | | | | | | | | | 3-WF 3-U | 3-Ореп |
| 4:30p-5:00p | 4-31 | | | | | | | | | | | | | |
| 5:00p-6:00p | | 6 (1 | 4-SL | 2-Lap | 6.51 | | 4-SL | 2-Lap | | | | | | |
| 6:00p-7:00p | 6-WF | 6-SL | 6-WF | 6-SL | 6-WF | 6-SL | 6-WF | 6 -SL | 2 \\/[| 4 Lon | Closed | | Closed | |
| 7:00p-7:30p | 2.1.04 | n 4 Onsis | 2.1.5.5 | 4.000 | 2.1.0.0 | 4.0000 | 2.1.5.5 | 4.000 | 2-WF | 4-Lap | | | | |
| 7:30p-8:30p | 2-Lap | 4-Open | 2-Lap | 4-Open | 2-Lap | 4-Open | 2-Lap | 4-Open | Clo | sed | | | | |

^{**}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 | | | | | |