



# Adrian L. Shuford Jr. YMCA Winter Pool Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday			
5am-8am	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-9:00a	6-WF	5-WF	1-Lap	6-WF	5-WF	4-SL	2-Lap			
9am-9:30am		2-Open	4-Lap		2-Open			4-Lap		
9:30am-10am			4-Lap						4-Lap	
10am-11am		6-Lap			6-Lap			6-Lap		6-Lap
11am-12pm	3-WF	6-Lap	3-WF	6-Lap	3-WF	4-Open	6-Lap			
12pm-1pm	2-Open		4-Lap		2-Open			3-Lap		
1pm-2pm		4-Open		4-Lap					4-Open	4-Lap
2pm-3pm										
3pm-4pm	3-SL	1-Lap	3-SL	1-Lap	<b>Pool Hours</b> Mon-Thurs 5am-8:30pm Friday 5am-7:30pm Saturday 8am-4:30pm Sunday 1pm-4:30pm					
4pm-4:30pm		3-WF		3-WF			3-WF	3-Lap		
4:30pm-5pm	3-Open	3-Lap	3-Open	3-Lap	3-Open	3-Lap				
5pm-6pm	Number indicates how many lanes. This schedule is subject to change at any time.									
6pm-7pm	<b>Legend</b> LAP Lap Lanes    WF Water Fitness    SL Swim Lessons    Open Open Swim    ST Swim Team									
7pm-8:30pm										

LAP	Lap Lanes	WF	Water Fitness	SL	Swim Lessons	Open	Open Swim	ST	Swim Team
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