

# Adrian L. Shuford Jr. YMCA Spring Pool Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
5am - 8am	6-Lap	6-Lap	6-Lap	6-Lap	6-Lap				
8am-8:30am	1-Lap	1-Lap	1-Lap	1-Lap	1-Lap	6-Lap			
8:30am-9am	6-WF	5-WF	6-WF	5-WF	6-WF		4-SL		
9am-9:30am		1-Lap		1-Lap					
9:30am-10am		2-Open		4-Lap		3-SL		3-Lap	
10am-11am									
11am-12pm	6-Lap	6-Lap	6-Lap	6-Lap	6-Lap	2-Lap			
12pm-1pm	3-WF		3-Lap		3-WF		3-Lap	3-WF	3-Lap
1pm-2pm	2-Open	4-Lap	2-Open	4-Lap	2-Open		4-Lap	6-Lap	
2pm-3pm								4-Open	4-Open
3pm-4pm									
4pm - 5pm	1-Open	5-ST	1-Open	5-ST	1-Open	5-ST			
5pm-6pm	2-Open	4-ST	4-SL	2-Lap	2-Open	4-ST			
6pm-7pm	3-WF Deep 3-Open Shallow	3-Lap	3-SL	3-WF	3-WF Deep 3-Open Shallow	3-Lap			
7pm-8:30pm	3-Open	3-Lap	3-Open	3-Lap	3-Open	3-Lap			

**Number indicates how many lanes. \*This schedule is subject to change at any time\***

Legend	
Lap	Lap Swim
WF	Water Fitness
SL	Swim Lessons
ST	Swim Team
Open	Open Swim

Pool Hours	
*Pool Closes 30 Minutes Before the Branch*	
Monday - Thursday	5am-8:30pm
Friday	5am-7:30pm
Saturday	8am-4:30pm
Sunday	1pm-4:30pm

