


	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
5am - 8am	6-Lap		6-Lap		6-Lap			
8am-8:30am	2-Lap	2-Lap	2-Lap	2-Lap	6-Lap			
8:30am-9am	6-Deep Water WF	4-SL	6-Deep Water WF	4-SL	6-Deep Water WF	4-SL	6-Lap	
9am-9:30am								
9:30am-10am	6-WF		2-Open	4-Lap	6-WF		4-SL	
10am-11am	6-Lap		6-Lap		3-SL	3-Lap		
11am-12pm	6-Lap		6-Lap		6-Lap		2-Lap	
12pm-1pm	4-WF	2-Lap	4-WF	2-Lap	4-WF	2-Lap		
1pm-2pm	Pool Closed for Summer Camp		Pool Closed for Summer Camp		Pool Closed for Summer Camp		6-Lap	
2pm-3pm	2-Open *		4-Lap *		2-Open*		4-Open	
3pm-4pm	2-Open	4-Lap	2-Open	4-Lap	2-Open	4-Lap	4-Open	
4pm - 5pm	1-Open	5-ST	1-Open	5-ST	1-Open	5-ST	2-Lap	
5pm-6pm	3-SL	3-ST	3-SL	2-Lap	3-ST	2-Open	4-ST	
6pm-7pm	3-SL	3-WF Deep 3-Open Shallow	3-SL	3-WF Deep 3-Open Shallow	3-SL	3-Lap	3-SL	
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. Lap Lanes Or Open Swim Space may be used for a private lesson or training at any time								
LEGEND		POOL HOURS			Splash Pad Hours			
WF	Water Fitness	Monday - Thursday	5am-8:30pm		Monday/Wednesday	11:00am-1:00pm	Saturday	10:00am - 4:15pm
SL	Swim Lessons	Friday	5am-7:30pm			3:00pm-8:15	Sunday	1pm-4:15pm
ST	Swim Team	Saturday	8am-4:30pm		Tuesday/Thursday	11:00am-8:15pm		
Open	Open Swim	Sunday	1pm-4:30pm		Friday	11:00am-1:00pm		
Camp	Closed for Camp					3:00-7:15pm		

Adrian L. Shuford Jr. YMCA Pool Schedule

**If it is raining on Tuesday or Thursday, the pool and splash pad will be closed 1pm to 3pm for Summer Camp **