

	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday		
5-8am	6-Lap		6-Lap		6-Lap		6-Lap		6-Lap		Closed				
8-8:30am	2-Lap	4- SL	2-Lap	4- SL	2-Lap	4- SL	2-Lap	4- SL	2-Lap		6-Lap		Closed		
8:30-9am	6- Deep WF		6- Deep WF		6-Deep WF		6-Deep WF		6-Deep WF						
9-9:30am															
9:30-10am	6-WF		2-Open	4-Lap	6-WF		2-Open	4-Lap	6-WF						
10-11am															
11-12pm	6-Lap		6-Lap		6-Lap		6-Lap		6-Lap						
12-1pm	4-WF	2-Lap			4-WF	2-Lap			4-WF	2-Lap					
1-2pm	Pool Closed for Summer Camp		Pool Closed for Summer Camp		Pool Closed for Summer Camp		Pool Closed for Summer Camp		Pool Closed for Summer Camp		6-Lap				
2-3pm															
3-4pm	2-Open	4-Lap	2-Open	4-Lap	2-Open	4-Lap	2-Open	4-Lap	3-Open	3-Lap	4-Open	2-Lap			
4-5pm															
5-6pm	3-SL	2-Lap	3-SL	2-Lap	3-SL	2-Lap	3-SL	2-Lap							
6-7pm	3-SL	3-WF Deep/3 Open Shallow	3-SL	3-WF Deep/3 Open Shallow	3-SL	3-WF Deep/3 Open Shallow	3-SL	3-WF Deep/3 Open Shallow	3-Lap	3-WF Deep/3 Open Shallow	Number indicates Number of Lanes. This schedule subject to change at any time. Lap Lanes or Open Swim Space may be used for a private lesson or training at any time.				
7-830pm	3-Open	3-Lap	3-Open	3-Lap	3-Open	3-Lap	3-Open	3-Lap							

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Pool	5am - 1:00pm 3pm-8:30pm	5am- 8:30pm*	5am - 1:00pm 3pm-8:30pm	5am- 8:30pm*	5am - 1:00pm 3pm-7:30pm	8am-4:30pm	1pm-4:30pm
Splash Pad	11am - 1:00pm 3pm-8:15pm	11am- 8:15pm*	11am - 1:00pm 3pm-8:15pm	11am- 8:15pm*	11am - 1:00pm 3pm-7:15pm	10am-4:15pm	1pm-4:15pm



Adrian L. Shuford Jr.
YMCA
Summer
Pool
Schedule
 8/1/2026-
 8/19/2026