

Adrian L. Shuford Jr. YMCA Pool Schedule

9/8/2026-10/31/2026

	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday			
5-8am	6-Lap		6-Lap		6-Lap		6-Lap		6-Lap		Closed		Closed			
8-8:30am											6-Lap					
8:30-9am	6-Deep WF		6-Deep WF		6-Deep WF		6-Deep WF		6-Deep WF		5-SL				1-Lap	
9-9:30am																
9:30-10am	6-WF		6-WF		6-WF		6-WF		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	2-Open	4-Lap	2-Open	4-Lap	2-Open	4-Lap	2-Open	4-Lap	2-Open	4-Lap	3-Open	3-Lap	6-Lap			
2-3pm													3-Open	3-Lap		
3-4pm																
4-5pm	1-Open	5-ST	3-SL	4-Lap	1-Open	5-ST	3-SL	4-Lap	1-Open	5-ST	 the YMCA					
5-6pm																
6-7pm	3-WF Deep/3 Open Shallow	3-Lap	3-WF Deep/3 Open Shallow	3-SL	3-WF Deep/3 Open Shallow	3-Lap	3-WF Deep/3 Open Shallow	3-SL	3-WF Deep/3 Open Shallow	3-Lap						
7-830pm	3-Open	3-Lap	3-Open	3-Lap	3-Open	3-Lap	3-Open	3-Lap	Closed							

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.

Pool Hours

Monday - Thursday	5:00am- 8:30pm
Friday	5:00am- 7:30pm
Saturday	7:00am- 4:30pm
Sunday	1:00pm- 4:30pm

Splash Pad Hours

Monday - Thursday	11:00- 8:15pm
Friday	11:00- 7:15pm
Saturday	10:00am- 4:30pm
Sunday	1:00pm- 4:30pm

Legend

OPEN	Open Swim
LAP	Number of Lanes Open for Lap Swimming
WF	Water Fitness
ST	Swim Team
SL	Swim Lessons

- All Swimmers under the age of 18 must take a swim assessment to swim in the deep end.
Requirements are: Must be able to jump into water over swimmer's head, tread water for one minute, and swim the length of the pool (25 yards)
- Children 0 to 9 must have an adult 18 + in the water with them and within arm's reach at all times
- Children aged 10 to 16 that require a flotation device must have an adult 18 + in water with them and within arm's reach at all times
- Children aged 10 to 16 who do not require a flotation device, but have not passed the swim assessment, must have an adult remain in the pool area
- Children aged 10 to 13 who have passed the swim assessment must have an adult remain inside the YMCA
- Whirlpool is for 18 + Only
- Only Coast Guard Approved Flotation devices are allowed
- Per our association guidelines, we are required to close the pool and whirlpool when lightning is detected within a 10-mile radius of the facility. We use both visual observation (sight and sound) and approved weather technology to monitor conditions and determine when closures are necessary due to inclement weather.