Adrian L. Shuford Jr. YMCA Pool Schedule

10/31/2026-12/31/2026

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5-8am	6-Lap	6-Lap	6-Lap	6-Lap	6-Lap	Closed	Closed
8-9am	6-Deep WF	5-Deep WF / 1-Lap	6-Deep WF	5-Deep WF / 1-Lap	6-Deep WF	6-Lap	
9-10am						5-SL / 1-Lap	
10-11am		2-Open / 4-Lap		2-Open / 4-Lap			
11-12pm	2-Open / 4-Lap		2-Open / 4-Lap		2-Open / 4-Lap		
12-1pm	4-WF / 2-Lap		4-WF / 2-Lap		4-WF / 2-Lap	3-Open / 3-Lap	
1-2pm	2-Open / 4-Lap		2-Open / 4-Lap		2-Open / 4-Lap		6-Lap
2-3pm							3-Open / 3-Lap
3-3:30pm	3-ST / 3-Lap		3-ST / 3-Lap		3-ST / 3-Lap		
3:30-4pm	6-ST	6-ST	6-ST	6-ST	6-ST		
4-4:30pm							
4:30pm-5pm							
5-6pm	3-ST / 3-Lap	3-SL / 3-Lap	3-ST / 3-Lap	3-SL / 3-Lap	3-ST / 3-Lap		
6-7:00pm	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	2-Open / 1-Lap / 3-ST		
730-830pm	3-Open / 3-Lap	2-Open / 1-Lap / 3-ST	3-Open / 3-Lap	2-Open / 1-Lap / 3-ST	Closed		

the YMCA

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 and Whirlpool Hours

Monday – Thursday	5:00am–8:30pm
Friday	5:00am–7:30pm
Saturday	8:00am–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 floatation 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.