



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

PROGRAM POOL SCHEDULE JULY 2024

SCHEDULE NOTES:

- No Camp Horizons or YBAC on July 5
- Lane 5 will be closed for lifeguard training Wednesday July 10 from 7:00pm-7:45pm and Saturday, July 13 from 7:00am-8:30am
- All children ages 12 & Under are required to be swim tested prior to entering the pool (see back) and must have an adult ages 18 or older on-deck or in the water at all times
- Lane changes are made by lifeguards 5 minutes before the time indicates
- Lap lanes may be used for lap swimming or water walking only (no stationary exercising); lap swimmers are expected to share lanes by either splitting lanes or circle swimming
- Private lessons may share open/lap swim lanes with members/guests during open hours

MONDAY/WEDNESDAY	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5
5:30am - 7:55am	OPEN	LAP SWIM			
8:00am - 11:00am	WATER FITNESS				
11:00am - 1:00pm	LAP SWIM		CAMP HORIZONS		
1:00pm - 3:30pm	----- PROGRAM POOL CLOSED FOR PROGRAMMING -----				
3:25pm - 4:55pm	LAP SWIM	YBAC SWIM TEAM			
4:55pm - 7:00pm	----- PROGRAM POOL CLOSED FOR PROGRAMMING -----				
7:00pm - 7:45pm	SWIM LESSONS		LAP SWIM		
TUESDAY/THURSDAY	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5
5:30pm - 6:30am	OPEN	LAP SWIM		YBAC MASTERS SWIM TEAM	
6:30am - 7:55am	LAP SWIM				
8:00am - 11:00am	WATER FITNESS				
11:00am - 1:00pm	LAP SWIM		CAMP HORIZONS		
1:00pm - 3:30pm	LAP SWIM	CAMP HORIZONS			
3:30pm - 4:00pm	LAP SWIM	YBAC SWIM TEAM			
4:40pm - 7:00pm	----- PROGRAM POOL CLOSED FOR PROGRAMMING -----				
7:00pm - 7:45pm	WATER FITNESS				LAP SWIM
FRIDAY	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5
5:30am - 7:55am	OPEN	LAP SWIM			
8:00am - 11:00am	WATER FITNESS				
11:00am - 1:00pm	LAP SWIM		CAMP HORIZONS		
1:00pm - 3:25pm	LAP SWIM	CAMP HORIZONS			
3:30pm - 7:00pm	LAP SWIM	YBAC SWIM TEAM			
7:00pm - 7:45pm	OPEN	OPEN	LAP SWIM		
SATURDAY	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5
7:00am - 8:55am	OPEN	LAP SWIM			
9:00am - 10:00am	WATER FITNESS (SHALLOW-END ONLY)				
10:00am - 12:30pm	GROUP SWIM LESSONS				LAP SWIM
12:30pm - 4:45pm	OPEN	OPEN	LAP SWIM		
SUNDAY	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5
1:00pm - 4:45pm	OPEN	OPEN	LAP SWIM		

SCHEDULE IS SUBJECT TO CHANGE ON SHORT NOTICE

For questions about pool rental/party inquiries, please contact briley penner (Aquatics Director) at bpenner@acymca.org or (336) 395-9622 ext. 215