



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

## November 2021 - Pool Schedule: Yadkin Family YMCA

<b>MONDAY</b>	<b>LANE 1</b>	<b>LANE 2</b>	<b>LANE 3</b>	<b>LANE 4</b>	<b>LANE 5</b>	<b>LANE 6</b>
<b>6-7AM</b>	LAP	LAP	Swim Team	Swim Team	Swim Team	Swim Team
<b>7-8AM</b>	OPEN	OPEN	OPEN	LAP	LAP	LAP
<b>8AM-12PM</b>	WF	WF	WF	LAP	LAP	LAP
<b>12-3:30PM</b>	OPEN	OPEN	OPEN	LAP	LAP	LAP
<b>3:30-4PM</b>	OPEN	OPEN	OPEN	Swim Team	Swim Team	Swim Team
<b>4-6PM</b>	Swim Team	Swim Team	Swim Team	Swim Team	Swim Team	Swim Team
<b>6-7PM</b>	OPEN	OPEN	OPEN	TYDE	TYDE	TYDE
<b>7-7:45PM</b>	OPEN	OPEN	OPEN	LAP	LAP	LAP

<b>TUESDAY</b>	<b>LANE 1</b>	<b>LANE 2</b>	<b>LANE 3</b>	<b>LANE 4</b>	<b>LANE 5</b>	<b>LANE 6</b>
<b>6-8AM</b>	OPEN	OPEN	OPEN	LAP	LAP	LAP
<b>8-10AM</b>	WF	WF	WF	LAP	LAP	LAP
<b>10AM-11AM</b>	Swim Group	Swim Group	LAP	LAP	LAP	LAP
<b>11AM-3:30PM</b>	OPEN	OPEN	OPEN	LAP	LAP	LAP
<b>3:30-4PM</b>	OPEN	OPEN	OPEN	Swim Team	Swim Team	Swim Team
<b>4-6PM</b>	Swim Team	Swim Team	Swim Team	Swim Team	Swim Team	Swim Team
<b>6-7PM</b>	SL	OPEN	OPEN	TYDE	TYDE	TYDE
<b>7-7:45PM</b>	OPEN	OPEN	OPEN	LAP	LAP	LAP

<b>WEDNESDAY</b>	<b>LANE 1</b>	<b>LANE 2</b>	<b>LANE 3</b>	<b>LANE 4</b>	<b>LANE 5</b>	<b>LANE 6</b>
<b>6-7AM</b>	LAP	LAP	Swim Team	Swim Team	Swim Team	Swim Team
<b>7-8AM</b>	OPEN	OPEN	OPEN	LAP	LAP	LAP
<b>8AM-12PM</b>	WF	WF	WF	LAP	LAP	LAP
<b>12-3:30PM</b>	OPEN	OPEN	OPEN	LAP	LAP	LAP
<b>3:30-4PM</b>	OPEN	OPEN	OPEN	Swim Team	Swim Team	Swim Team
<b>4-6PM</b>	Swim Team	Swim Team	Swim Team	Swim Team	Swim Team	Swim Team
<b>6-7PM</b>	OPEN	OPEN	OPEN	TYDE	TYDE	TYDE
<b>7-7:45PM</b>	OPEN	OPEN	OPEN	LAP	LAP	LAP

Water Fitness - WF Swim Lessons - SL  
Open Swim - OPEN Lap Swim - LAP  
TYDE Swim Team - TYDE

### YADKIN FAMILY YMCA

6540 Service Rd. Yadkinville, NC 27055

P 336 679 7962 [www.yadkinymca.org](http://www.yadkinymca.org) A United Way Agency

Our Mission: "Helping all people reach their God-given potential in spirit, mind and body." Financial Assistance available.



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## November 2021 - Pool Schedule: Yadkin Family YMCA

THURSDAY	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6
6-8AM	OPEN	OPEN	OPEN	LAP	LAP	LAP
8-10AM	WF	WF	WF	LAP	LAP	LAP
10AM-11AM	Swim Group	Swim Group	LAP	LAP	LAP	LAP
11AM-3:30PM	OPEN	OPEN	OPEN	LAP	LAP	LAP
3:30-4PM	OPEN	OPEN	OPEN	Swim Team	Swim Team	Swim Team
4-6PM	Swim Team	Swim Team	Swim Team	Swim Team	Swim Team	Swim Team
6-7PM	SL	OPEN	OPEN	TYDE	TYDE	TYDE
7-7:45PM	OPEN	OPEN	OPEN	LAP	LAP	LAP

FRIDAY	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6
6-7AM	LAP	LAP	Swim Team	Swim Team	Swim Team	Swim Team
7-8AM	OPEN	OPEN	OPEN	LAP	LAP	LAP
8AM-12PM	WF	WF	WF	LAP	LAP	LAP
12-3:30PM	OPEN	OPEN	OPEN	LAP	LAP	LAP
3:30-4PM	OPEN	OPEN	OPEN	Swim Team	Swim Team	Swim Team
4-6PM	Swim Team	Swim Team	Swim Team	Swim Team	Swim Team	Swim Team
6-7PM	OPEN	OPEN	OPEN	TYDE	TYDE	TYDE
7-7:45PM	OPEN	OPEN	OPEN	LAP	LAP	LAP

SATURDAY	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6
8-9AM	OPEN	OPEN	OPEN	LAP	LAP	LAP
9AM-12PM	SL	SL	LAP	LAP	LAP	LAP
12-1PM	OPEN	OPEN	OPEN	LAP	LAP	LAP

Water Fitness - WF Swim Lessons - SL  
 Open Swim - OPEN Lap Swim - LAP  
 TYDE Swim Team - TYDE

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**MONDAY**

<b>START</b>	<b>END</b>	<b>CLASS</b>	<b>LOCATION</b>	<b>NOTES</b>
8:15AM	9:00AM	Strength and Stretch	Shallow Water	Level 2
9:15AM	10:00AM	AquaFit	Shallow Water	Level 3
10:15AM	11:00AM	AquaFit	Shallow Water	Level 3
11:15AM	12:00PM	Aqua Energizers	Deep Water	Level 3

**TUESDAY**

<b>START</b>	<b>END</b>	<b>CLASS</b>	<b>LOCATION</b>	<b>NOTES</b>
8:15AM	9:00AM	Recovery Plus	Shallow Water	Level 2
9:15AM	10:00AM	Water Recovery	Shallow Water	Level 3

**WEDNESDAY**

<b>START</b>	<b>END</b>	<b>CLASS</b>	<b>LOCATION</b>	<b>NOTES</b>
8:15AM	9:00AM	Strength and Stretch	Shallow Water	Level 2
9:15AM	10:00AM	AquaFit	Shallow Water	Level 3
10:15AM	11:00AM	AquaFit	Shallow Water	Level 3
11:15AM	12:00PM	Aqua Energizers	Deep Water	Level 3

**THURSDAY**

<b>START</b>	<b>END</b>	<b>CLASS</b>	<b>LOCATION</b>	<b>NOTES</b>
8:15AM	9:00AM	Recovery Plus	Shallow Water	Level 2
9:15AM	10:00AM	Water Recovery	Shallow Water	Level 3

**FRIDAY**

<b>START</b>	<b>END</b>	<b>CLASS</b>	<b>LOCATION</b>	<b>NOTES</b>
8:15AM	9:00AM	Strength and Stretch	Shallow Water	Level 2
9:15AM	10:00AM	AquaFit	Shallow Water	Level 3
10:15AM	11:00AM	AquaFit	Shallow Water	Level 3
11:15AM	12:00PM	Aqua Energizers	Deep Water	Level 3

Please contact Chris Chunn at [c.chunn@ymcanwnc.org](mailto:c.chunn@ymcanwnc.org) or 336-679-7962 for any questions or concerns.

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