



# Jerry Long Family YMCA Pool Schedules

## December 5-9

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

<b>Lap Pool</b>	
Hours:	
<b>Mon-Thurs.</b>	5a - 8:45p
<b>Friday</b>	5a - 7:45p
<b>Saturday</b>	7a - 4:45p
<b>Sunday</b>	12p - 4:45p

### TYDE Swim Team Schedule

- Tues/Thurs/Fri 6:00am-7:00am, lanes 1-4 lap pool
- Monday-Friday 3:15pm-7:30pm, lanes 1-5 lap pool
- Saturday 7:00am-8:30am, lanes 1-3 lap pool

### West Forsyth High school Swim team Practice Schedule

- Monday-Thursday 7:45pm-9:00pm, 4 lanes lap pool

### Calvary Swim Team Schedule

- Mondays and Wednesdays 6:15-7:15am, 3 lanes lap pool

<b>Program Pool</b>	
Hours:	
<b>Mon.-Thurs.</b>	7a - 8:45p
<b>Friday</b>	7a - 7:45p
<b>Saturday</b>	7a - 4:45p
<b>Sunday</b>	12p - 4:45p

## Water Aerobics Schedule

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
8:15a-Deep-April	7:15a-Shallow-Anne	9:15a - Shallow - April	8:15a-Deep-April	8:15a-HITT-April
9:15a-Shallow-Brigitte	8:15a-Deep-Anne		9:15a-Aqua Zumba-April	9:15a-Shallow-Brigitte
10:15a-Shallow/Deep-Maria	10:15a - Recovery - Maria	10:15a-Shallow/Deep-Maria	10:15a - Recovery - Maria	10:30a-Deep-April
11:15a-Shallow-Judy	11:00a - Recovery Plus - Maria	11:15a-Shallow Light-Judy	11:00a - Recovery Plus - Maria	11:15a-Shallow Light-Judy
7:05pm-Aqua HIIT-Natosha				

#### JERRY LONG FAMILY YMCA

1150 S Peace Haven Road, Clemmons NC 27012

P 336 712 2000 F 336 712 2005 www.jerrylongymca.org

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