



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

**March 2023: Lap Pool Schedule**

<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>5AM-6:15AM</b>	LAP	LAP	LAP	LAP	LAP	LAP
<b>6:15AM-7:15AM</b>	LAP	LAP	LAP	LAP	LAP	LAP
<b>7:15AM-3:15PM</b>	LAP	LAP	LAP	LAP	LAP	LAP
<b>3:15-7:45PM</b>	LAP	TYDE	TYDE	TYDE	TYDE	TYDE
<b>7:45-8:45PM</b>	LAP	LAP	LAP	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>5-6AM</b>	LAP	LAP	LAP	LAP	LAP	LAP
<b>6-7AM</b>	LAP	LAP	TYDE	TYDE	TYDE	TYDE
<b>7AM-3:15PM</b>	LAP	LAP	LAP	LAP	LAP	LAP
<b>3:15-7:45PM</b>	LAP	TYDE	TYDE	TYDE	TYDE	TYDE
<b>7:45-8:45PM</b>	LAP	LAP	LAP	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>5AM-6:15</b>	LAP	LAP	LAP	LAP	LAP	LAP
<b>6:15AM-7:15</b>	LAP	LAP	LAP	LAP	LAP	LAP
<b>7:15AM-3:15PM</b>	LAP	LAP	LAP	LAP	LAP	LAP
<b>3:15-7:45PM</b>	LAP	TYDE	TYDE	TYDE	TYDE	TYDE
<b>7:45-8:45PM</b>	LAP	LAP	LAP	LAP	LAP	LAP

<b>THURSDAY</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>5-6AM</b>	LAP	LAP	LAP	LAP	LAP	LAP
<b>6-7AM</b>	LAP	LAP	TYDE	TYDE	TYDE	TYDE
<b>7AM-3:15PM</b>	LAP	LAP	LAP	LAP	LAP	LAP
<b>3:15-7:45PM</b>	LAP	TYDE	TYDE	TYDE	TYDE	TYDE
<b>7:45-8:45PM</b>	LAP	LAP	LAP	LAP	LAP	LAP

<b>FRIDAY</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>5-6AM</b>	LAP	LAP	LAP	LAP	LAP	LAP
<b>6-7AM</b>	LAP	LAP	TYDE	TYDE	TYDE	TYDE
<b>7AM-3:15PM</b>	LAP	LAP	LAP	LAP	LAP	LAP
<b>3:15-6:30PM</b>	LAP	TYDE	TYDE	TYDE	TYDE	TYDE
<b>6:30-7:45PM</b>	LAP	LAP	LAP	LAP	LAP	LAP

<b>SATURDAY</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>7-8:30AM</b>	LAP	LAP	LAP	TYDE	TYDE	TYDE
<b>8:30AM-4:45PM</b>	LAP	LAP	LAP	LAP	LAP	LAP

<b>SUNDAY</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>12-4:45PM</b>	LAP	LAP	LAP	LAP	LAP	LAP

**JERRY LONG FAMILY YMCA**

1150 S. Peace Haven Rd. Clemmons, NC 27012

P 336 712 2000 [www.jerrylongymca.org](http://www.jerrylongymca.org) A United Way Agency

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