



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

March 2023: Program Pool Schedule

MONDAY	Zero Depth	LANE 1	LANE 2	LANE 3	LANE 4	SLIDES
7AM-8:00AM	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN
8:00AM-9AM	OPEN	WF	WF	WF	WF	CLOSED
9AM-10:15AM	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN
10:15-12PM	OPEN	WF	WF	WF	WF	CLOSED
12:00-4:45PM	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN
4:45-7:10PM	OPEN	SL	SL	SL	SL	CLOSED
7:15PM-8:00PM	OPEN	WF	WF	WF	WF	CLOSED
8:00-8:45PM	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN

TUESDAY	Zero Depth	LANE 1	LANE 2	LANE 3	LANE 4	SLIDES
7:15AM-11:45AM	OPEN	WF	WF	WF	WF	CLOSED
11:45AM-4:30	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN
4:30PM-7:30PM	OPEN	SL	SL	SL	SL	SL
7:30PM-8:45PM	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN

WEDNESDAY	Zero Depth	LANE 1	LANE 2	LANE 3	LANE 4	SLIDES
7:00AM-9:00AM	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN
9:00AM-12:00PM	OPEN	WF	WF	WF	WF	WF
12:00-4:45PM	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN
4:45-7:00PM	OPEN	SL	SL	SL	SL	SL
7:00PM-8:45PM	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN

THURSDAY	Zero Depth	LANE 1	LANE 2	LANE 3	LANE 4	SLIDES
7:00AM-8:00AM	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN
8:00-12:00PM	OPEN	WF	WF	WF	WF	WF
12:00PM-4:30PM	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN
4:30PM-7:30PM	OPEN	SL	SL	SL	SL	SL
7:30PM-8:45PM	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN

FRIDAY	Zero Depth	LANE 1	LANE 2	LANE 3	LANE 4	SLIDES
7:00AM-8:00AM	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN
8:00AM-9:00AM	OPEN	WF	WF	WF	WF	WF
9:00AM-10:15	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN
10:15-11:00AM	WF	WF	WF	WF	WF	WF
11:00AM-7:45PM	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN

SATURDAY	Zero Depth	LANE 1	LANE 2	LANE 3	LANE 4	SLIDES
7:00AM-9:00AM	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN
9:00AM-11:25	OPEN	SL	SL	SL	SL	SL
11:25-4:45PM	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN

SUNDAY	Zero Depth	LANE 1	LANE 2	LANE 3	LANE 4	SLIDES
12:00PM-1:15PM	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN
1:15-3:30PM	OPEN	OPEN	OPEN	SL	SL	OPEN
3:30-4:45PM	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN

<b>KEY</b>
<b>WF-Water Fitness</b>
<b>SL-Swim lessons</b>

**JERRY LONG FAMILY YMCA**

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