



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

November 2023 March 2024 - Pool Schedule: Yadkin Family YMCA

MONDAY	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6
6-7AM	LAP	LAP	LAP	LAP	LAP	LAP
7-9AM	OPEN	OPEN	OPEN	LAP	LAP	LAP
9AM-12PM	WF	WF	WF	LAP	LAP	LAP
12-3:45PM	OPEN	OPEN	OPEN	LAP	LAP	LAP
4-5PM	Swim Team	Swim Team	Swim Team	Swim Team	Swim Team	Swim Team
5-6PM	Swim Team	Swim Team	Swim Team	Swim Team	Swim Team	Swim Team
6-7PM	OPEN	SL	LAP	TYDE	TYDE	TYDE
7-8PM	OPEN	LAP	LAP	LAP	LAP	LAP

TUESDAY	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6
6-7AM	LAP	LAP	LAP	LAP	Swim Team	Swim Team
7-8AM	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	OPEN	SL	LAP	TYDE	TYDE	TYDE
7-7:45PM	OPEN	Lap	CALVARY	CALVARY	CALVARY	CALVARY

WEDNESDAY	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	Lap	Lap	Lap	TYDE	TYDE	TYDE
7-7:45PM	Lap	Lap	Lap	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 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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August 2023 - Pool Schedule: Yadkin Family YMCA

THURSDAY	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6
6-7AM	LAP	LAP	LAP	LAP	LAP	LAP
7-8AM	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	OPEN	SL	LAP	TYDE	TYDE	TYDE
7-7:45PM	OPEN	LAP	CALVARY	CALVARY	CALVARY	CALVARY

FRIDAY	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6
6-7AM	LAP	LAP	LAP	LAP	LAP	LAP
7-9M	OPEN	OPEN	OPEN	LAP	LAP	LAP
9AM-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	LAP	LAP	LAP	TYDE	TYDE	TYDE
7-7:45PM	LAP	LAP	LAP	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

START	END	CLASS	LOCATION	NOTES
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

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

WEDNESDAY

START	END	CLASS	LOCATION	NOTES
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

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

FRIDAY

START	END	CLASS	LOCATION	NOTES
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 Laila Corder at l.corder@ymcanwnc.org or 336-679-7962 for any questions or concerns.

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