



Adrian L. Shuford Jr. YMCA

Pool Schedule May 29th - July 30th

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00a-6:00a	6 -Lap	6 -Lap	6 -Lap	6 -Lap	6 -Lap		
6:00a-7:00a	6 -Lap	6 -Lap	6 -Lap	6 -Lap	6 -Lap		
7:00a-8:00a	6 -Lap	6 -Lap	6 -Lap	6 -Lap	6 -Lap		
8:00a-8:30a	1-Lap	1-Lap	1-Lap	1-Lap	1-Lap	6 -Lap	
8:30a-9:30a	6 -WF	5 -WF, 1-Lap	6 -WF	5 -WF, 1-Lap	6 -WF	6 -Lap	
9:30a-10:00a	1-Lap	1-Lap	1-Lap	1-Lap	1-Lap	6 -Lap	
10:00a-11:00a	6 -WF	3-Lap, 3 - Open	6 -WF	3-Lap, 3 - Open	6 -WF	6 -Lap	
11:00a-12:00p	6 -Lap	6 -Lap	6 -Lap	6 -Lap	6 -Lap	6 -Lap	
12:00p-1:00p	3 -WF, 3- Lap	6 -Lap	3 -WF, 3- Lap	6 -Lap	3 -WF, 3- Lap	2 -Lap, 4-Open	
1:00p-1:30p	6 -Lap	6 -Lap	6 -Lap	6 -Lap	6 -Lap	2 -Lap, 4-Open	6- Lap
1:30p-3:00p	6-SC	6-SC	6-SC	6-SC	6-SC	2 -Lap, 4-Open	2-Lap, 4-Open
3:00p-4:00p	6-SC	6-SC	6-SC	6-SC	6-SC	2 -Lap, 4-Open	2-Lap, 4-Open
4:00p-4:30p	3- ST, 1-Lap, 2-SL	3- ST, 1-Lap, 2-SL	3- ST, 1-Lap, 2-SL	3- ST, 1-Lap, 2-SL	3- ST, 3-Lap	2-Lap, 4-Open	2-Lap, 4-Open
4:30p-5:00p	3- ST, 1-Lap, 2-SL	3- ST, 1-Lap, 2-SL	3- ST, 1-Lap, 2-SL	3- ST, 1-Lap, 2-SL	3- ST, 3-Lap		
5:00p-6:00p	3-SL, 3-ST	3-SL, 3-ST	3-SL, 3-ST	3-SL, 3-ST	3 -Lap, 3-ST		
6:00p-7:00p	6 -WF/SL	6 -WF/SL	6 -WF/SL	6 -WF/SL	3 -Lap, 3 -Open		
7:00p-7:30p	3-SL, 1-Lap, 2-Open	3-SL, 1-Lap, 2-Open	3-SL, 1-Lap, 2-Open	3-SL, 1-Lap, 2-Open	3 -Lap, 3 -Open		
7:30p-8:30p	3 -Lap, 3 -Open	3 -Lap, 3 -Open	3 -Lap, 3 -Open	3 -Lap, 3 -Open			

Legend:			
Lap	Lap Lanes	WF	Water Fitness
SL	Swim Lesson	Open	Open Swim
ST	Swim Team	SC	Summer Camp

Splash Pad Hours-
Monday - Thursday:
 11:00a - 1:00p, 4:00p - 8:15p
Friday:
 11:00a - 1:00p, 4:00p - 7:15p
Saturday:
 10:00a - 4:30p
Sunday:
 1:00p - 4:30p