



Adrian L. Shuford Jr. YMCA

Pool Schedule July 4th- September 1st

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-9:00a	6-WF/SL	6-WF/SL	6-WF/SL	6-WF/SL	6-WF	6 -Lap	
9:00a- 9:30a	6-WF/SL	6-WF/SL/DC	6-WF/SL	6- WF/SL/DC	6-WF	6 -Lap	
9:30a-10:00a	3- SL	3- SL, 3- DC	3- SL	3-SL, 3-DC	1-Lap	6 -Lap	
10:00a-11:00a	6 -WF	1-Lap, 5-DC	6 -WF	1-Lap, 5-DC	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-2:00p	Summer Camp	Summer Camp	Summer Camp	Summer Camp	Summer Camp	2 -Lap, 4-Open	6-Lap
2:00p-3:00p	Summer Camp	Summer Camp	Summer Camp	Summer Camp	Summer Camp	2 -Lap, 4-Open	2-Lap, 4-Open
3:00p-3:30p	Summer Camp	Summer Camp	Summer Camp	Summer Camp	Summer Camp	2 -Lap, 4-Open	2 -Lap, 4-Open
3:30p-4:00p	3-ST, 3- lap	6- Lap	3-ST, 3- Lap	6- Lap	4- ST, 2-Lap	2 -Lap, 4-Open	3-WF, 3-Open
4:00p-4:30p	3-ST, 3- SL	4-SL, 2-Lap	3-ST,3-SL	4-SL, 2-Lap	4- ST, 2-Lap	2-Lap, 4-Open	3-WF, 3-Open
4:30p-5:00p	3-ST, 3- SL	4-SL, 2-Lap	3-ST,3-SL	4-SL, 2-Lap	4- ST, 2-Lap		
5:00p-6:00p	3-ST, 3- SL	4-SL, 2-Lap	3-ST,3-SL	4-SL, 2-Lap	4- ST, 2-Lap		
6:00p-7:00p	6 -WF/SL	6 -WF/SL	6 -WF/SL	6 -WF/SL	2 -Lap, 4 -Open		
7:00p-7:30p	2 -Lap, 4 -Open	2 -Lap, 4 -Open	2 -Lap, 4 -Open	2 -Lap, 4 -Open	2 -Lap, 4 -Open		
7:30p-8:30p	2 -Lap, 4 -Open	2 -Lap, 4 -Open	2 -Lap, 4 -Open	2 -Lap, 4 -Open			

****THE POOL AND SPLASH PAD ARE CLOSED DURING SUMMER CAMP****

Legend:			
Lap	Lap Lanes	WF	Water Fitness
SL	Swim Lesson	Open	Open Swim
ST	Swim Team	DC	Day Care

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

