



Adrian L. Shuford Jr. YMCA

Pool Schedule November 4th- December 29th

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

This schedule is subject to change

Splash Pad Hours:
The Splash Pad is closed

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