



Adrian L. Shuford Jr. YMCA

Pool Schedule December 30th- January 31st

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				
9:00a-9:30a	1-Lap	3-Lap	3-Open	1-Lap	3-Lap			3-Open		
9:30a-10:00a						1-Lap			1-Lap	1-Lap
10:00a-11:00a	6-WF	6-Lap	6-WF	3-Lap	3-Open	6-WF				
11:00a-12:00p	6-Lap		6-Lap				6-Lap			
12:00p-1:00p	3-WF	3-Lap	3-WF	3-Lap	3-WF	3-Lap				
1:00p-1:30p	4-Lap	2-Open	4-Lap	2-Open	4-Lap	2-Open	6-Lap			
1:30p-2:00p										
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										
4:00p-4:30p										
4:30p-5:00p										
5:00p-6:00p	6-ST	6-SL	4-SL	2-Lap	6-ST	6-SL	4-SL	2-Lap	Closed	Closed
6:00p-7:00p	6-WF	6-SL	6-WF	6-SL	6-WF	6-SL	6-WF	6-SL		
7:00p-7:30p	2-Lap	4-Open	2-Lap	4-Open	2-Lap	4-Open	2-Lap	4-Open		
7:30p-8:30p	Closed		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