



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

**August Pool Schedule: Yadkin Family YMCA**

MONDAY	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6
6-9AM	OPEN	OPEN	OPEN	LAP	LAP	LAP
9:15 AM-12 PM	WF	WF	WF	LAP	LAP	LAP
12-4 PM	OPEN	OPEN	OPEN	LAP	LAP	LAP
4-5 PM	OPEN	OPEN	OPEN	TYDE	TYDE	TYDE
5-7:10PM	SL	SL	SL	OPEN	OPEN	OPEN
6-8:45PM	OPEN	OPEN	OPEN	LAP	LAP	LAP

TUESDAY	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6
6-8AM	OPEN	OPEN	OPEN	LAP	LAP	LAP
8-10AM	WF	WF	WF	LAP	LAP	LAP
10AM-12PM	OPEN	OPEN	OPEN	LAP	LAP	LAP
12-4 PM	OPEN	OPEN	OPEN	LAP	LAP	LAP
4-5 PM	OPEN	OPEN	OPEN	TYDE	TYDE	TYDE
5-7:10 PM	OPEN	OPEN	OPEN	LAP	LAP	SL
7:20-8:45PM	OPEN	OPEN	OPEN	LAP	LAP	LAP

WEDNESDAY	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6
6-9AM	OPEN	OPEN	OPEN	LAP	LAP	LAP
9:15 AM-12 PM	WF	WF	WF	LAP	LAP	LAP
12-4 PM	OPEN	OPEN	OPEN	LAP	LAP	LAP
4-6 PM	OPEN	OPEN	OPEN	TYDE	TYDE	TYDE
6-8:45PM	OPEN	OPEN	OPEN	LAP	LAP	LAP

THURSDAY	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6
6-8AM	OPEN	OPEN	OPEN	LAP	LAP	LAP
8-10AM	WF	WF	WF	LAP	LAP	LAP
10AM-12PM	OPEN	OPEN	OPEN	LAP	LAP	LAP
12-4 PM	OPEN	OPEN	OPEN	LAP	LAP	LAP
4-5 PM	OPEN	OPEN	OPEN	TYDE	TYDE	TYDE
6-7:20 PM	OPEN	OPEN	OPEN	LAP	LAP	SL
7:20-8:45 PM	OPEN	OPEN	OPEN	LAP	LAP	LAP

FRIDAY	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6
6-9AM	OPEN	OPEN	OPEN	LAP	LAP	LAP
9:15 AM-12 PM	WF	WF	WF	LAP	LAP	LAP
12-4 PM	OPEN	OPEN	OPEN	LAP	LAP	LAP
4-6 PM	OPEN	OPEN	OPEN	TYDE	TYDE	TYDE
6-7:45PM	OPEN	OPEN	OPEN	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	SL	LAP	LAP	LAP
12-1PM	OPEN	OPEN	OPEN	LAP	LAP	LAP

Water Fitness – WF Swim Lessons – SL  
Open Swim – OPEN Lap Swim – LAP

**YADKIN FAMILY YMCA**

6540 Service Road, Yadkinville, NC 27055

P 336 679 7962 F 336 679 7983 [www.ymcanwnc.org](http://www.ymcanwnc.org) A United Fund Agency

Our Mission: "Helping all people reach their God-given potential in spirit, mind and body." Financial Assistance available.



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## WATER FITNESS SCHEDULE: YADKIN FAMILY YMCA

### MONDAY

START	END	LOCATION	CLASS	NOTES
9:15am	10:00am	Lanes 1-3 Shallow	AquaFit	Level 3
10:15am	11:00am	Lanes 1-3 Shallow	Aquafit	Level 3
11:15am	12:00pm	Lanes 1-3 Deep	AquaFit Energizers	Level 3

### TUESDAY

START	END	LOCATION	CLASS	NOTES
8:15am	9:00am	Lanes 1-3 Shallow	Recovery Plus	Level 2
9:15am	10:00am	Lanes 1-3 Shallow	Water Recovery	Level 3

### WEDNESDAY

START	END	LOCATION	CLASS	NOTES
9:15am	10:00am	Lanes 1-3 Shallow	AquaFit	Level 3
10:15am	11:00am	Lanes 1-3 Shallow	Aquafit	Level 3
11:15am	12:00pm	Lanes 1-3 Deep	AquaFit Energizers	Level 3

### THURSDAY

START	END	LOCATION	CLASS	NOTES
8:15am	9:00am	Lanes 1-3 Shallow	Recovery Plus	Level 2
9:15am	10:00am	Lanes 1-3 Shallow	Water Recovery	Level 3

### FRIDAY

START	END	LOCATION	CLASS	NOTES
9:15am	10:00am	Lanes 1-3 Shallow	AquaFit	Level 3
10:15am	11:00am	Lanes 1-3 Shallow	Aquafit	Level 3
11:15am	12:00pm	Lanes 1-3 Deep	AquaFit Energizers	Level 3

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