



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

March Pool Schedule: Yadkin Family YMCA

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

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

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

SATURDAY	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6
8-9AM / 12-1PM	OPEN	OPEN	OPEN	LAP	LAP	LAP
9AM-12PM	SL	SL	SL	LAP	LAP	LAP
12-4:45 PM	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 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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