



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## 2019 WATER FITNESS SCHEDULE – DAVIE FAMILY YMCA

### MONDAY

START	END	PROGRAM	NOTES
8:30am	9:30am	Lanes 1-3 shallow	Level 2-3
9:30am	10:30am	Lanes 1-3 shallow	Level 2-3
3:30pm	4:30pm	Lanes 1-3 shallow	Level 1-2-Adaptive
6:30pm	7:30pm	Lanes 1-3 deep	Level 3-4

### TUESDAY

START	END	PROGRAM	NOTES
9:45am	10:45am	Lanes 1-3 deep	Level 3-4
10:45am	11:45am	Lanes 1-3 deep	Level 1-2
2:30pm	3:30pm	Lanes 1-3 shallow	Level 3-4 Senior Center Class

### WEDNESDAY

START	END	PROGRAM	NOTES
8:30am	9:30am	Lanes 1-3 shallow	Level 2-3
9:30am	10:30am	Lanes 1-3 shallow	Level 2-3
6:30pm	7:30pm	Lanes 1-3 deep	Level 3-4

### THURSDAY

START	END	PROGRAM	NOTES
9:45am	10:45am	Lanes 1-3 deep	Level 3-4
10:45am	11:45am	Lanes 1-3 deep	Level 1-2

### FRIDAY

START	END	PROGRAM	NOTES
6:45am	7:45am	Lanes 1-3 shallow/deep	Level 4
8:30am	9:30am	Lanes 1-3 shallow	Level 2-3
9:30am	10:30am	Lanes 1-3 shallow	Level 2-3

### SATURDAY

START	END	PROGRAM	NOTES
8:45am	9:45am	Lanes 1-3 shallow	Level 2-3

Multiple activities are often scheduled in this pool at the same time.

- Lane allocation will adjust depending on participation numbers because multiple activities are scheduled in this pool at one time.
- Lifeguard has final say so regarding pool policies and lanes usage.

Any questions/concerns contact: Aquatics Director, Shana Kramer (336)751-9622 or [s.kramer@ymcanwnc.org](mailto:s.kramer@ymcanwnc.org)

#### DAVIE FAMILY YMCA

215 CEMETERY ST, MOCKSVILLE NC

P: 336-751-9622 F: 336-679-9420

[www.davieymca.org](http://www.davieymca.org) /A United Way Agency

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