



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

POOL SCHEDULE

WINSTON LAKE FAMILY YMCA – OCTOBER 2019

Pool Hours:	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Monday-THURSDAY 8:00-12:00pm and 3:00-8:15pm	5:15-7:00 TYDE Swim Team (Lanes 1-5)	5:15-7:00 TYDE Swim Team (Lanes 1-5)	5:15-7:00 TYDE Swim Team (Lanes 1-5)	5:15-7:00 TYDE Swim Team (Lanes 1-5)	5:15-7:00 TYDE Swim Team (Lanes 1-5)	7:00-9:00 Swim Team Practice (1-6)	Closed
Friday 5:15am-12pm and 3:00-7:15pm							Closed
Saturday 8:00am-1:00pm	11:00-12:00 Shallow Water Fitness (Shallow) Mary	11:00-12:00 Shallow Water Fitness (Shallow) Mary	11:00-12:00 Shallow Water Fitness (Shallow) Mary	11:00-12:00 Shallow Water Fitness (Shallow) Mary	11:00-12:00 Shallow Water Fitness (Shallow) Mary		Closed
Please Note:	4:45-8:15 TYDE Swim Team (Lanes 1-6)	4:45-8:15 TYDE Swim Team (Lanes 1-6)	4:45-8:15 TYDE Swim Team (Lanes 1-6)	4:45-8:15 TYDE Swim Team (Lanes 1-6)	4:45-7:15 TYDE Swim Team (Lanes 1-6)		Closed
Pool will be closed to members Monday-Friday 5:15-8:00am and 4:45-8:15pm for Swim Team Practices. We appreciate your patience as we continue to serve the youth in our community.	6:45-7:45 Water fitness (Shallow) Pat		6:45-7:30 Water Zumba (Shallow) Jamila				Closed

WINSTON LAKE FAMILY YMCA

901 Waterworks Road Winston Salem, NC, 27101
 P 336 724 9205 F 336 W www.ymcanwnc.org/winston-lake-ymca A United Way Agency
 Our Mission: "Helping people reach their God-given potential in spirit, mind and body."