



# June 1-June 11 Schedule

Pool @ J Smith Young YMCA  
June 1st - June 11th

119 West 3rd Avenue  
Lexington, NC 27292  
(336) 249-2177

	MON	TUE	WED	THU	FRI	SAT	SUN
5am	<b>Open Swim/Lap Swim</b> 5:30am - 9am	<b>Lap Swim (2 Lanes)</b> 5:30am - 3:45pm	<b>Open Swim/Lap Swim</b> 5:30am - 9am	<b>Open Swim/Lap Swim</b> 5:30am - 9am	<b>Open Swim/Lap Swim</b> 5:30am - 4:45pm		
	<b>Lap Swim (2 Lanes)</b> 5:30am - 3:45pm		<b>Lap Swim (2 Lanes)</b> 5:30am - 3:45pm	<b>Lap Swim (2 Lanes)</b> 5:30am - 3:45pm	<b>Lap Swim (2 Lanes)</b> 5:30am - 3:45pm		
6am		<b>Open Swim/Lap Swim</b> 6:30am - 9am					
7am						<b>Laps (2 Lanes)</b> 7:30am - 5:30pm	
						<b>Open Swim</b> 7:30am - 9am	
9am	<b>Water Fitness</b> Jill Breeden 9am - 10am	<b>Deep Water Fitness</b> Bonnie Gray 9am - 10am	<b>Water Fitness</b> Jill Breeden 9am - 10am	<b>Deep Water Fitness</b> Bonnie Gray 9am - 10am	<b>Stoner Thomas School Swim</b> 9:30am - 10:30am	<b>Water Fitness</b> Aquatic Staff 9am - 10am	
10am	<b>Water Fitness</b> Kathy Shepler 10am - 11am	<b>Water Fitness</b> Kathy Shepler 10am - 11am	<b>Water Fitness</b> Aquatic Staff 10am - 11am	<b>Water Fitness</b> Kathy Shepler 10am - 11am		<b>Open Swim</b> 10am - 5:30pm	
11am	<b>Open Swim/Lap Swim</b> 11am - 3:45pm	<b>Open Swim/Lap Swim</b> 11am - 3:45pm	<b>Open Swim/Lap Swim</b> 11am - 3:45pm	<b>Open Swim/Lap Swim</b> 11am - 3:45pm			
1pm							<b>Laps (2 Lanes)</b> 1:30pm - 5:30pm
							<b>Open Swim</b> 1:30pm - 5:30pm
4pm	<b>TYDE SWIM TEAM</b> 4pm - 7:30pm	<b>TYDE SWIM TEAM</b> 4pm - 7:30pm	<b>TYDE SWIM TEAM</b> 4pm - 7:30pm	<b>TYDE SWIM TEAM</b> 4pm - 7:30pm	<b>TYDE SWIM TEAM</b> 4:45pm - 6:15pm		
6pm	<b>Group Swim Lessons</b> 6pm - 7pm	<b>Group Swim Lessons</b> 6pm - 7pm		<b>Group Swim Lessons</b> 6pm - 7pm			
7pm	<b>Open Swim/Lap Swim</b> 7:30pm - 8:30pm	<b>Open Swim/Lap Swim</b> 7:30pm - 8:30pm	<b>Open Swim/Lap Swim</b> 7:30pm - 8:30pm	<b>Open Swim/Lap Swim</b> 7:30pm - 8:30pm			

Please note that all classes are subject to change due to demand and participation. For your safety, it is recommended you consult your physician prior to starting any exercise program.