



June 12-30 Pool Schedule

Pool @ J Smith Young YMCA

June 12th - June 30th

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

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

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.