



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

POOL SCHEDULE*

YMCA OF SOUTHERN WEST VIRGINIA

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5am - 10am Adult Open Lap Swim	5am - 10am Adult Open Lap Swim	5am - 10am Adult Open Lap Swim	5am - 10am Adult Open Lap Swim	5am - 10am Adult Open Lap Swim	8am-6:45pm Open Swim Lap Swim	1pm - 4:45pm Open Swim Lap Swim
530am-630am Shady Springs Swim Team	530am-630am Shady Springs Swim Team	530am-630am Shady Springs Swim Team	530am-630am Shady Springs Swim Team	530am-630am Shady Springs Swim Team		
9am - 10am Water Aerobics	7:30am - 8:30am Senior Friends	9am - 10am Water Aerobics	7:30am - 8:30am Senior Friends	9am - 10am Water Aerobics		
10am - 3pm Open Swim Lap Swim	9am - 10am Senior Friends	10am - 11:30am YMCA Pre-School	9am - 10am Senior Friends	10am - 11:30am YMCA Pre-School		
3pm - 7pm Swim Team Laps/Open	10am-3pm Open Swim Lap Swim	10am - 3pm Open Swim Lap Swim	10 am-3pm Open Swim Lap Swim	10am - 3pm Open Swim Lap Swim		
7pm-8:45pm Family Swim Lap Swim	3pm-7pm Swim Team Swim Lessons Laps No Open Swim	3pm-7pm Swim Team Laps/Open	3pm - 7pm Swim Team Swim Lessons Laps No Open Swim	3pm-7pm Open Swim Lap Swim Swim Team		
	5pm-630pm		5pm-630pm			
	7pm-845pm Family Swim Lap Swim	7pm-8:45pm Family Swim Lap Swim	7pm-8:45pm Family Swim Lap Swim	7pm-8:45pm Family Swim Lap Swim		