



# EXERCISE POOL SCHEDULE CAROLINE FAMILY YMCA

FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

Monday/Wednesday	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
6:00AM-9:30AM	Open Swim		Lap Swim			
9:30AM-11:30AM	Group Fitness Class			Lap Swim		
11:30AM-1:00PM	Open Swim		Lap Swim			
1:00PM-3:15PM	Pool Closed					
3:15PM-4:30PM	Open Swim		Lap Swim		Swim Club	
4:30PM-5:20PM	Open Swim		Lap Swim			
5:20PM-6:40PM	Swim Lessons		Lap Swim			
6:40PM-8:00PM	Open Swim		Lap Swim			
Tuesday/Thursday	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
6:00AM-8:00AM	Open Swim		Lap Swim			
8:00AM-9:00AM	Group Fitness			Lap Swim		
9:00AM-1:00PM	Open Swim		Lap Swim			
1:00PM-3:15PM	Pool Closed					
3:15PM-6:00PM	Open Swim		Lap Swim			
6:00PM-6:45PM	Group Fitness			Lap Swim		
6:45PM-7:45PM	Group Fitness (Thurs only)			Swim Club		
7:45PM-8:00PM	Open Swim		Lap Swim			
Friday	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
6:00AM-9:30AM	Open Swim		Lap Swim			
9:30AM-11:30AM	Group Fitness Class			Lap Swim		
11:30AM-1:00PM	Open Swim		Lap Swim			
1:00PM-3:15PM	Pool Closed					
3:15PM-8:00PM	Open Swim		Lap Swim			
Saturday	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
9:00AM-10:00AM	Open Swim		Lap Swim		Swim Club	
10:00AM-12:00PM	Swim Lessons		Lap Swim		Swim Lessons	
12:00PM-5:00PM	Open Swim		Lap Swim			
Sunday	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
12:00PM-4:00PM	Open Swim			Lap Swim		

Please note that if no one is swimming 30 minutes prior to closing, we will close the pool early.

Updated 2/27/2017