



# 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-8:00AM	Open Swim		Lap Swim			
8:00AM-9:00AM	Group Fitness (Wednesday only)			Lap Swim		
9:00AM-9:30AM	Group Fitness (Mondays only)			Group Fitness (Wednesdays only)		
9:30AM-10:00AM	Group Fitness			Group Fitness (Wednesdays only)		
10:00AM-11:30AM	Group Fitness			Lap Swim		
11:30AM-1:00PM	Open Swim		Lap Swim			
1:00PM-3:15PM	Pool Closed					
3:15PM-4:30PM	Open Swim		Lap Swim			
4:30PM-5:30PM	Open Swim		Lap Swim		Swim Club	
5:30PM-8:00PM	Swim Lessons		Lap Swim		Swim Lessons	
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-8:00PM	Group Fitness		Swim Club (until 7:45)			
Friday	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
6:00AM-8:00AM	Open Swim		Lap Swim			
8:00AM-9:30AM	Open Swim	Lap Swim		Group Fitness		
9:30AM-10:00AM	Group Fitness		Lap Swim	Group Fitness		
10:00AM-11:30AM	Group Fitness		Lap Swim			
11:30PM-12:00PM	Open Swim		Lap Swim			
12:00PM-1:00PM	Second Grade 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-9:50AM	Open Swim		Lap Swim			
9:50AM-12:40PM	Swim Lessons		Lap Swim		Swim Lessons	
12:40PM-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 5/1/2017