



We build strong kids, strong families, strong communities.

Downtown YMCA Family Pool

June 7th-August 13th *Schedule Subject to Change, check back periodically for updates*

6/25

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Early AM	Open Swim 5:30-7:00	Open Swim 5:30-7:00	Open Swim 5:30-7:00	Open Swim 5:30-7:00	Open Swim 5:30-7:00		
AM	Cardio Combo 7:00-8:00	H2yOga 7:00-8:00	Cardio Combo 7:00-8:00	H2yOga 7:00-8:00	Cardio Combo 7:00-8:00	Open Swim 7:00-8:00	Open Swim 1:00-5:45
	Active Seniors 8:00-9:00	Deep H2O 8:00-9:00	Active Seniors 8:00-9:00	Deep H2O 8:00-9:00	Active Seniors 8:00-9:00	Deep H2O 8:00-9:00	
	Aqua Motion 9:00-10:00	YPreK Lessons 9:30-10:30	Arthritic H2O 9:00-10:00	Y PreK Lessons 9:30-10:30	Arthritic H2O 9:00-10:00	EELC Lessons 9:00-9:35	
	Arthritic H2O 10:00-11:00	Open Swim 10:30-11:00	Aqua Motion 10:00-11:00	Open Swim 10:30-11:00	Aqua Motion 10:00-11:00	Open Swim 9:35-5:45	
Mid-Day	Swim Lessons 11:00-1:00 <small>See info box for details</small>	Swim Lessons 11:00-1:00	Swim Lessons 11:00-1:00	Swim Lessons 11:00-1:00	MB Lessons 11:00-11:45am		
	Open Swim 1:00-5:30pm	Open Swim 1:00-5:30pm	Open Swim 1:00-5:30pm	Open Swim 1:00-5:30pm	Open Swim 11:45-7:45		
PM	Cardio Combo 5:30-6:30	Deep H2O 5:30-6:30	Cardio Combo 5:30-6:30	Deep H2O 5:30-6:30			
	Swim Lessons 6:30-8:40pm <small>See info box for details</small>	Swim Lessons 6:30-8:40pm	Swim Lessons 6:30-8:40pm	Swim Lessons 6:30-8:40pm			
	Open Swim 8:40-9:45	Open Swim 8:40-9:45	Open Swim 8:40-9:45	Open Swim 8:40-9:45			



Puddles visits the Family Pool each Saturday & Sunday from 2:00-5:00pm

Swim Lessons <small>(entire pool closed)</small>	Swim Lessons <small>(only shallow end closed)</small>	Water Fitness	Open Swim
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Family Pool Operating Hours
 Mon-Thurs: 5:30am-9:45pm
 Friday: 5:30am-7:45pm
 Saturday: 7am-5:45pm
 Sunday: 1pm-5:45pm
 Temp: 86-88 degrees
 Aquatics Coordinator- Ash Coleman
 E-mail- ashcoleman@lynchburgymca.org
 OR call 847-5597
Please Remember
 Pool is open during Water Fitness classes, however you must be courteous to class and instructor - low voices, no splashing, etc.

Special Notices and Considerations
 Summer Lessons begin June 14th and run M-Th AM & PM with 1 week off between each session
 -Session I June 14th- 24th
 -Session II July 5th-15th
 -Session III July 26th-August 5th
 Lessons available for participants 6 months-adult.
 See front desk for more info!
Summer Camp
 Summer Camp begins June 7th. Campers will be swimming in lanes 1 & 2 of lap pool M & T- 10am-12pm, W- 11am-12pm, 1:30-2:30, Th- 10am-12pm & 1pm-2pm, F- 10am-11am & 1pm-2pm



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Downtown YMCA Lap Pool

June 7th-August 13th

Schedule Subject to Change, check back periodically for updates 6/25

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Early AM	Open Swim 5:30-7:00	Open Swim 5:30-7:00	Open Swim 5:30-7:00	Open Swim 5:30-7:00	Open Swim 5:30-7:00		
AM	Open Swim 7:00-10:00	Open Swim 7:00-10:00	Open Swim 7:00-11:00	Open Swim 7:00-10:00	Open Swim 7:00-10:00	Open Swim 7:00-5:45	
	Summer Camp 10:00-12:00 (2 LANES)	Summer Camp 10:00-12:00 (2 LANES)		Summer Camp 10:00-12:00 (2 LANES)	Summer Camp 10:00-11:00 (2 LANES)		
Mid-Day			Summer Camp 11:00-12:00 (2 LANES)		Open Swim 11:00-12:00		Open Swim 1:00-5:45
	Open Swim 12:00-1:00	Open Swim 12:00-1:00	Masters 12:00-1:00 (6)	Open Swim 12:00-1:30	Masters 12:00-1:00 (6)		
	Summer Camp 1:00-2:00 (2 LANES)	Summer Camp 1:00-2:00 (2 LANES)	Summer Camp 1:30-2:30 (2 LANES)	Summer Camp 1:00-2:00 (2 LANES)	Summer Camp 1:00-2:00 (2 LANES)		
PM	Open Swim 2:00-9:45pm	Open Swim 2:00-9:45pm	Open Swim 2:00-9:45pm	Open Swim 2:00-9:45pm	Open Swim 2:00-7:45		



Summer Camp

Swim Team

Open Swim

Lap Pool Operating Hours

Mon-Thurs: 5:30am-9:45pm

Friday: 5:30am-7:45pm

Saturday: 7am-5:45pm

Sunday: 1pm-5:45pm

Temp: 80-82 degrees # of lanes: 6

Please visit our website for more info on our programs at www.lynchburgymca.org

Special Notices and Considerations

-(#): number of lanes being used for activity

-If crowded, sharing lanes is required

-Circle swimming is required, swimmers ages 12 and older are permitted to use the lap pool; however if family pool is closed the lap pool is open to all ages and activities

Summer Camp

Summer Camp runs June 7th-Aug 13th. Campers will be swimming in lanes 7 & 8 of lap pool M & T- 10am-12pm & 1-2pm, W- 11-12 & 1:30-2:30, Th- 10am-12pm & 1pm-2pm, F- 10am-11am & 1pm-2pm