

Jamerson Family YMCA Competition Pool Schedule June 14 - August 6

() denotes the number of lanes being used

* denotes circle swim is recommended

Monday	Tuesday	Wed	Thursday	Friday	Saturday	Sunday
Pool Opens at 5:30am *Lap swim (8) 5:30am-9am	YMCA Swim Team 5:30am-8am (6) *Lap swim (2) 5:30am-8am	Pool Opens at 5:30am *Lap swim (8) 5:30am-9am	Pool Opens at 5:30am *Lap swim (8) 5:30am-12pm	Pool Opens at 5:30am *Lap swim (8) 5:30am-9am	*Lap Swim	YSports Camp
	*Lap swim (8) 8am-1pm				YMCA Swim Lessons	Water Fitness
					Pool Opens @ 7am *Lap Swim (8) 7am-5:45pm	LY Swim Masters
Deep H2O 9am-10am (3) *Lap swim (5) 9am-10am		Deep H2O 9am-10am (3) *Lap swim (5) 9am-10am		Deep H2O 9am-10am (3) *Lap swim (5) 9am-10am		Pool Opens @ 1:00pm *Lap swim (8) 1pm-5:45pm
*Lap swim (4) 10am-12pm	*Lap swim (4) 10am-12pm		*Lap swim (4) 10am-12pm	*Lap swim (4) 10am-12pm		
Masters Swim (5) 12pm-1pm *Lap swim (3) 12pm-1pm		*Lap swim (8) 10am-1pm	Masters Swim (5) 12pm-1pm *Lap swim (3) 12pm-1pm	*Lap swim (8) 10am-1pm	Pool Closes @ 5:45pm	Pool Closes @ 5:45pm
*Lap Swim (6) 1pm-4pm YSummer Camp(2) 1pm-4pm	*Lap Swim (6) 1pm-4pm YSummer Camp(2) 1pm-4pm	*Lap Swim (6) 1pm-4pm YSummer Camp(2) 1pm-4pm	*Lap Swim (6) 1pm-4pm YSummer Camp(2) 1pm-4pm	*Lap Swim (6) 1pm-4pm YSummer Camp(2) 1pm-4pm	<p style="text-align: center;">Information Postings: Temperature: 83 Circle Swimming Etiquette:</p> <ul style="list-style-type: none"> * Please swim in a counter-clockwise pattern. * Notify all swimmers in a lane before you enter and begin swimming. * When entering a lane please give the current swimmer the right of way. * Please limit the amount of time you rest at the end of the lane and move out of the way of other swimmers. * A lifeguard may ask you to move to another lane. Please comply, as this will make everyone's swim safer & more enjoyable. <p style="text-align: right; margin-top: 10px;">Hank Mullins; Associate Branch Director Hank.mullins@lynchburgymca.org</p>	
*Lap swim (8) 4pm-5:45pm	YMCA Swim Team 4pm-6pm (6) *Lap swim (2) 4pm - 5:45pm	*Lap swim (8) 4pm-5:45pm	YMCA Swim Team 4pm-6pm (6) *Lap swim (2) 4pm - 5:45pm	YMCA Swim Team 4pm-6pm (6) *Lap swim (2) 4pm - 5:45pm		
Combo H2O 5:45-6:30pm (3) *Lap swim (5) 5:45pm-6:30pm	Aquatic Fit (3) 5:45pm-6:30pm *Lap swim (5) 6pm-6:30pm	Combo H2O 5:45-6:30pm (3) *Lap swim (5)	Combo H2O 5:45-6:30pm (3) *Lap swim (5) 6pm-6:30pm	*Lap Swim (8) 6pm -7pm		
*Lap Swim (7) 6:30pm—7:15pm	*Lap Swim (7) 7pm-7:15pm	*Lap Swim (7) 6:30pm-7:15pm	*Lap Swim (7) 6:30pm-7:15pm	*Lap Swim (8) 7pm - 7:45pm		
Swim Lessons (1) 6:35pm-7:15pm	Swim Lessons (1) 6:35pm-7:15pm	Swim Lessons (1) 6:35pm-7:15pm	Swim Lessons (1) 6:35pm-7:15pm	Pool Closes @ 7:45pm		
*Lap Swim (8) 7:15pm-9:45pm Pool Closes @ 9:45pm	*Lap Swim (8) 7:15pm-9:45pm Pool Closes @ 9:45pm	*Lap Swim (8) 7:15pm-9:45pm Pool Closes @ 9:45pm	*Lap Swim (8) 7:15pm-9:45pm Pool Closes @ 9:45pm			

Comp Pool, Family Pool and Whirlpool
will be **CLOSED** from August 7th - August 22nd for the
following maintenance work:

Expansion Joint Repair/Plaster Repair/Deck Caulking/Tile Replacement

The Downtown YMCA pools will remain open at this time.
Pool Schedule are available @ www.lynchburgymca.org

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