

# SWIMMING FURTHER FASTER

## C.W. AVERY FAMILY YMCA POOL SCHEDULE



Summer 1 2024: Monday, June 3rd – Sunday, July 7th

	FAMILY POOL SCHEDULE						
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>OPEN SWIM</b> (LARGE SLIDES AND SPLASH PLAYGROUND)	12P-3:00P 5:40P-7:30P	12P-3:00P 5:40P-7:30P	12P-3:00P 5:40P-7:30P	12P-3:00P 5:40P-7:30P	12P-3:00P 4:30P-7:30P	12:00P-5:00P	12P-3:30P
<b>SPLASH PLAYGROUND ONLY</b>	9:30A-12:00P 4:30P-5:40P	9:30A-12:00P 4:30P-5:40P	9:30A-12:00P 4:30P-5:40P	9:30A-12:00P 4:30P-5:40P			
<b>WATER VORTEX</b> (OPEN TO ALL AGES)	10:30A-3P 6:00P-7:30P	10:30A-3P 6:00P-7:30P	10:30A-3P 6:00P-7:30P	10:30A-3P 6:00P-7:30P	1:00P-3:00P 5:30P-7:30P	12:00P - 5:00P	12P - 3:30P
<b>WATER WALKING</b> (ADULTS ONLY)	9:00A-10:30A 4:30P-6:00P	9:00A-10:30A 4:30P-6:00P	9:00A-10:30A 4:30P-6:00P	9:00A-10:30A 4:30P-6:00P	12:00P-1:00P 4:30P-5:30P	9:20A - 12:00P	
<b>SWIM LESSONS</b>	9:00A-12:00P 3:40P-5:40P	9:00A-12:00P 3:40P-5:40P	9:00A-12:00P 3:40P-5:40P	9:00A-12:00P 3:40P-5:40P		9:20A – 11:50A	
<b>WATER FITNESS</b>			9:30A-10:15A Instructor: Rhonda				

	LAP POOL SCHEDULE						
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>LAP SWIM</b>	5:00A - 9:00P	5:00A - 9:00P	5:00A- 9:00P	5:00A - 9:00P	5:00A - 9:00P	6:00 A- 5:30P	7A –3:30P
<b>OPEN SWIM</b>	10:00A-3:30P 7:00P-9:00P	10:00A-3:30P 7:00P-9:00P	10:00A-3:30P 7:00P-9:00P	10:00A-3:30P 7:00P-9:00P	10:00A-9:00P	12:00P - 5:30P	8:00A-3:30P
<b>SWIM LESSONS</b>	9:00A-12:00p 2:00P-8:00P	9:00A-12:00p 2:00P-7:00P	9:00A-11:50A 2:00P-8:00P	9:00A-12:00p 2:00P-7:00P		9:20A – 12:00P	
<b>WATER FITNESS</b>	5:45A-6:30A Triathlon 101 by Mary 9:00A-9:45A Instructor: Minerva	5A-6A & 6A-7A Master's 9:00A-10:00A Instructor: Mariah	5:45A-6:30A Triathlon 101 by Mary	5-6A & 6A-7A Master's 8:00A-8:45A Instructor: Minerva	8:30A-9:15A Instructor: Rhonda		7:00A-8:00A Master's Swim Club
<b>JETS SWIM TEAM</b>	6:30A-8:30A 5P-8:30P	7A-8:30A 3P-8:30P	6:30A-8:30A 5P-8:30P	7A-8:30A 3P-8:30P	6:30A-8:30A 5P-7P	7A-11A	

**JETS practice M/W/F 6:30A-8:30A & M/W 5P-8:30P, T/TH 7A-8:30A, T/TH 3P-8:30P, Friday's 5P-7P, & Saturday 7-11A. EXPECT FEWER LAP LANES**

**Summer Day Camp swims in the Family Pool M-F 1P-3P: Expect a high volume of swimmers.**

**\*LARGE SLIDES availability is subject to change on weekdays and weekends.**








**Please note there may be staff training and other events in the Lap Pool on various days**

**Parent/Guardian MUST be in the water within arms reach of ALL RED wristband swimmers.**

**C.W. AVERY FAMILY YMCA LAP POOL SCHEDULE**  
 June 3rd - July 7th

Time	MONDAY								TUESDAY								WEDNESDAY								THURSDAY								FRIDAY								SATURDAY								SUNDAY							
	L1	L2	L3	L4	L5	L6	L7	L8	L1	L2	L3	L4	L5	L6	L7	L8	L1	L2	L3	L4	L5	L6	L7	L8	L1	L2	L3	L4	L5	L6	L7	L8	L1	L2	L3	L4	L5	L6	L7	L8	L1	L2	L3	L4	L5	L6	L7	L8	L1	L2	L3	L4	L5	L6	L7	L8
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**POOL  
ACTIVITY KEY**

-  Open Swim
-  Water Fitness
-  Lap Swim
-  Group Lessons
-  Jets Swim Team
-  Camp Lessons
-  Navy

Please note: Lap swimmers will need to share lanes. Schedule is subject to change due to special events, and at lifeguard discretion.