



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

Eden Family YMCA SEPTEMBER 2019 Pool Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Pool Closed	Open/Lap 5:30am-7:30am	Open/Lap 5:30am-8am	Open/Lap 5:30am-7:30am	Open/Lap 5:30am-8am	Open/Lap 5:30am-7:30am	Pool Closed
	CLOSED 7:30am-8am		CLOSED 7:30am-8am		CLOSED 7:30am-8am	
	Water Fitness 8am-9am No open swim area (2) lap lanes open	Water Fitness 8am-9am No open swim area (2) lap lanes open	Water Fitness 8am-9am No open swim area (2) lap lanes open	Water Fitness 8am-9am No open swim area (2) lap lanes open	Water Fitness 8am-9am No open swim area (2) lap lanes open	Open/Lap 8am-12pm
Open/Lap 1:30-4:30pm		Deep Water Running 9am-10am (2) lap lanes open	Deep Water Running 9am-10am (2) lap lanes open	Deep Water Running 9am-10am (2) lap lanes open		Pool Closed
Pool Closed	Open/Lap 9am-6:15pm				Open/Lap 9am-5:30pm	
		Open/Lap 10am-6:30pm	Open/Lap 10am-4pm	Open/Lap 10am-6:30pm		
	Water Fitness 6:15-7:15pm No open swim area (2) lap lanes open	Swim Lessons 6:30pm-7:30pm No open swim area (2) lap lanes open	Water Fitness 4pm-5pm No open swim area (2) lap lanes open	Swim Lessons 6:30pm-7:30pm No open swim area (2) lap lanes open	Water Fitness 5:30pm-6:30pm No open swim area (2) lap lanes open	
	Pool closes at 7:30pm	Pool closes at 7:30pm	Open/Lap 5pm-7:30pm	Pool closes at 7:30pm	Open/Lap 6:30pm-7pm	

<p>Pool Hours M/W/F: 5:30am-7:30pm *closed 7:30am-8am* T/TH: 5:30am-7:30pm Sat: 8am-12pm Sun: 1pm-4:30pm</p>	<p>UPDATE - Water Fitness Registration required before participation. Limited spaces available. Register early! No open swim during shallow water classes. 2 lap lanes will be open for lap swimming.</p>	<p>Eden Family YMCA 301 S. Kennedy Ave. Eden, NC 27288 336-623-8496 www.edenymca.org</p>
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