



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

Eden Family YMCA MARCH 2020 Pool Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Pool Closed	Open/Lap 5:30am-8am	Open/Lap 5:30am-8am	Open/Lap 5:30am-8am	Open/Lap 5:30am-8am	Open/Lap 5:30am-8am	Pool Closed
	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 1:30-4:30pm	Open/Lap 9am-5pm	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	Open/Lap 9am-4:15pm	Pool Closed
		Open/Lap 10am-5:30pm	Open/Lap 10am-4pm	Open/Lap 10am-5:30pm		
Pool Closed	PP Swim Team 5pm-6pm No open swim area	Swim Lessons 5:30pm-6:30pm No open swim area (2) lap lanes open	Water Fitness 4pm-5pm No open swim area (2) lap lanes open	Swim Lessons 5:30pm-6:30pm No open swim area (2) lap lanes open	PP Swim Team 4:15pm-5:15pm No open swim area	Pool Closed
	Water Fitness 6:15-7:15pm No open swim area (2) lap lanes open	PP Swim Team 6:30pm-8pm No open swim area	PP Swim Team 5:15pm-7pm No open swim area	PP Swim Team 6:30pm-8pm No open swim area	Water Fitness 5:30pm-6:30pm No open swim area (2) lap lanes open	
	Open/Lap 7:15pm-8:30pm	Open/Lap 8:00pm-8:30pm	Open/Lap 7:00pm-8:30pm	Open/Lap 8:00pm-8:30pm	Open/Lap 6:30pm-7:30pm	

Pool Hours

M-F: 5:30am-8:30pm
 Sat: 8am-3:30pm
 Sun: 1:30pm-4:30pm

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.

Eden Family YMCA

301 S. Kennedy Ave.
 Eden, NC 27288
 336-623-8496
www.edenymca.org