












Austin Francis Cool Lap Pool

November 2024

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
LANES		1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5
5:00 AM							
6:00 AM							
7:00 AM							
8:00 AM							
9:00 AM							
10:00 AM		Aquacize 10:15am - 11:00am		Aquacize 10:15am - 11:00am			
11:00 AM							
12:00 PM							
1:00 PM							
2:00 PM							
3:00 PM							
4:30 PM							
5:00 PM		Swim Team 4:30pm - 7:00pm	Swim Team 4:30pm - 7:00pm	Swim Team 4:30pm - 7:00pm	Swim Team 4:30pm - 7:00pm	Swim Team 4:30pm - 7:00pm	
6:00 PM		Lessons *shallow 4:30pm - 7:00pm	Lessons *shallow 4:30pm - 7:00pm	Lessons *shallow 4:30pm - 7:00pm	Lessons *shallow 4:30pm - 7:00pm	Lessons *shallow 4:30pm - 7:00pm	
7:00 PM							
8:00 PM							



Open swim time

Please plan to be off the pool deck at scheduled closing time.

Lanes are first come first serve shared space. (please communicate before entering shared lane)

Schedule is subject to change due to additional activities and / or rentals. (see pool deck for add'l group swim times)

Mission: To put Christian principles into practice through programs that build healthy spirit, mind and body for all.

Sumter Family YMCA
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