



# 2019 APRIL AQUATICS SCHEDULE

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

Activity	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Open Swim</b>	1:00PM - 4:45PM	1:00PM - 3:00PM  6:45PM - 8:45PM	8:00AM - 11:45PM 1:00PM - 2:00PM  8:00PM -8:45PM	1:00PM - 3:00PM  6:45PM - 8:45PM	8:00AM - 11:45PM 1:00PM - 2:00PM  8:00PM - 8:45PM	1:00PM - 7:45PM Possible swim makeups 3:00p-7:45p	1:30PM - 3:45PM
<b>Lap Swim</b>	1:00PM - 4:45PM   2 LANES	5:30AM - 7:55AM 3 LANES (Adult)  8:00AM - 3:00PM 2 LANES (Adult)  3:00PM-7:00PM 2 LANES (Adult)  7:00PM - 8:45PM 2 LANES	5:30AM - 8:00AM 3 LANES (Adult)  8:00AM - 11:55PM 2 LANES  12:00PM-2:00PM 2 Lanes  3:00PM-7:00PM 1 LANE (Adult)  7:00PM-8:45PM 2 LANES (Adult)	5:30AM - 7:55AM 3 LANES (Adult)  8:00AM - 3:00PM 2 LANES (Adult)  3:00PM-7:00PM 2 LANES (Adult)  7:00PM - 8:45PM 2 LANES	5:30AM - 8:00AM 3 LANES (Adult)  8:00AM - 11:55PM 2 LANES  12:00PM-2:00PM 2 Lanes  3:00PM-7:00PM 1 LANE (Adult)  7:00PM-8:45PM 2 LANES (Adult)	5:30AM - 7:55AM 3 LANES (Adult)  8:00AM - 5:30PM 2 LANES (Adult)  7:00PM - 7:45PM 2 LANES (Adult)	8:00AM-9:00AM 2 LANES (Adult)  9:00AM-1:00PM 1 LANE (Adult)  1:30PM-3:45PM 2 LANES (Adult)
<b>Aerobics &amp; Group Fitness</b>		Water Aerobics 8:00AM - 9:00AM  High Impact 9:30AM - 10:30AM  Arthritis 11:00AM - 11:45AM  Arthritis 12:00PM - 12:45PM	Aqua Tai-Chi 12:00PM - 12:50PM	Water Aerobics 8:00AM - 9:00AM  High Impact 9:30AM - 10:30AM  Arthritis 11:00AM - 11:45AM  Arthritis 12:00PM - 12:45PM	Aqua Tai-Chi 12:00PM - 12:50PM	Water Aerobics 8:00AM - 9:00AM  High Impact 9:30AM - 10:30AM  Arthritis 11:00AM - 11:45AM  Arthritis 12:00PM - 12:45PM	Water Aerobics 8:00AM - 9:00AM
<b>Reserved</b>		No Open swim 1:00-2:00 reserved FTCC	No Open Swim 2:00-3:00 reserved HSPE	No Open Swim 1:00-2:00 reserved FTCC	No Open Swim 2:00-3:00 reserved HSPE		

YMCA OF THE SANDHILLS - FAYETTEVILLE BRANCH BRANCH 910-426-9622 OPT 1 [www.ymcaofthesandhills.org](http://www.ymcaofthesandhills.org)

During Lifeguard season the deep end of the pool may be used for training as well as one lane 5:00-9:00pm Tuesday-Friday