



2019 MARCH AQUATICS SCHEDULE

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Activity	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Open Swim	1:00PM - 4:45PM	2:00PM - 3:00PM 6:45PM - 8:45PM	8:00AM - 11:45PM 1:00PM - 2:00PM 8:00PM - 8:45PM	2:00PM - 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
Lap Swim	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)
Aerobics & Group Fitness		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 7:00PM - 7:55PM	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 7:00PM - 7:55PM	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 Water Aerobics 8:00AM - 9:00AM
Reserved		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

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