



2020 March AQUATICS SCHEDULE



Activity	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Open Swim	1:00PM - 4:45PM	1:00PM - 3:00PM 6:45PM - 8:45PM	8:00AM - 11:45PM 1:00PM - 3:00PM 6:45PM - 8:45PM	1:00PM - 3:00PM 6:45PM - 8:45PM	8:00AM - 11:45PM 1:00PM - 3:00PM 6:45PM - 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 (Adult)	5:30AM - 7:55AM 3 LANES (Adult) 8:00AM - 8:45PM 2 LANES (Adult)	5:30AM - 7:55AM 3 LANES (Adult) 8:00AM - 8:45PM 2 LANES (Adult)	5:30AM - 7:55AM 3 LANES (Adult) 8:00AM - 8:45PM 2 LANES (Adult)	5:30AM - 7:55AM 3 LANES (Adult) 8:00AM - 8:45PM 2 LANES (Adult)	5:30AM - 7:55AM 3 LANES (Adult) 8:00AM - 7:45PM 2 LANES (Adult)	8:00AM-8:55AM 2 LANES (Adult) 9:00AM-1:00PM 1 LANE (Adult)
Aerobics & Group Fitness		Water Aerobics 8:00AM - 9:00AM (Donna) High Impact 9:30AM - 10:30AM (Clarence) Arthritis 11:00AM - 11:45AM (Clarence) Arthritis 12:00PM-12:50PM (Clarence)	Aqua Bootcamp 12:00PM - 12:50PM (Marie)	Water Aerobics 8:00AM - 9:00AM (Donna) High Impact 9:30AM - 10:30AM (Clarence) Arthritis 11:00AM - 11:45AM (Clarence) Arthritis 12:00PM-12:50PM (Clarence)	Happy Feet 12:00PM - 12:50PM (Marie)	Water Aerobics 8:00AM - 9:00AM (Donna) High Impact 9:30AM - 10:30AM (Clarence) Arthritis 11:00AM - 11:45AM (Marie) Arthritis 12:00PM-12:50PM (Marie)	Water Aerobics 8:00AM - 9:00AM (Clarence)
Reserved	1st, 8th, 15th, 22nd No Open Swim 5:00pm - 7:00pm Reserved Special Olympics						

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