



# November 2023 Pool Schedule

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

Time		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Open Swim		6 AM - 11:45 AM 1 LANE  3:00 PM- 7:45PM 1 LANE	6 AM - 11:45AM 1 LANE  3:00 PM- 7:45PM 1 LANE	6 AM - 11:45 AM 1 LANE  3:00 PM- 7:45PM 1 LANE	6 AM-11:45AM 1 LANE  3:00 PM- 7:45PM 1 LANE	6 AM - 11:45 AM 1 LANE  3:00 PM - 7:45PM 1 LANE	8AM - 1:45PM 1 LANE
Lap Swim		6 AM - 11:45 AM 4 LANES  5PM - 7:45PM 3 LANES	6 AM -8AM 4 LANES  8AM - 11:15 AM 2 LANES  11:15AM - 11:45AM 4 LANES  3PM - 5PM 4 LANES  5PM - 7:45PM 3 LANES	6 AM - 10 AM 4 LANES  10 AM - 10:45AM 2 LANES  5PM - 7:45PM 3 LANES	6 AM - 8 AM 4 LANES  8 AM - 11:15 AM 2 LANES  11:15 - 11:45AM 4 LANES  3 PM - 5PM 4 LANES  5 PM - 7:45PM 3 LANES	6 AM - 11:45 AM 4 LANES	8:00 AM - 1:45 PM 4 LANES
Aqua Group Fitness			8 AM - 8:45AM Aqua Fit	10 AM - 10:45 AM Aqua Fit	8 AM - 8:45AM Aqua Fit  10:15 AM - 11:00 AM Aqua Yoga		
GROUP LESSONS		5:00 PM - 7:15 PM	9AM-11:15AM  5:00 PM - 7:45 PM	5:00 PM - 7:15 PM	9AM - 11:15AM  5:00 PM - 7:45 PM		

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

\* This schedule is subject to change without notice to suit the needs and the usage of the pool

\* BAPTISM Saturday 11/11 10AM - 12:30PM