



# Saleeby Family YMCA

## Pool Schedule: March

	Recreational Swim	Lap Swim	Aqua Fitness	Swim Lessons***
<b>Monday</b>	5:30am-8:30am 9:30am-8:45pm	5:30am-8:30am 9:30am-8:45pm	8:30am-9:15am* 6:30pm-7:15pm Lanes 1 & 2 Reserved	9:30am-12:00pm 3:30pm-6:30pm Lane 4 Reserved
<b>Tuesday</b>	5:30am-8:45pm	5:30am-8:45pm	11:00am-11:45am Lanes 1 & 2 Reserved	9:00am-11:00am 6:30pm-8:15pm Lane 4 Reserved
<b>Wednesday</b>	5:30am-8:45pm	5:30am-8:45pm	8:30am-9:15am 6:30pm-7:15pm Lanes 1 & 2 Reserved	9:30am-12:00pm 3:30pm-6:30pm Lane 4 Reserved
<b>Thursday</b>	5:30am-8:45pm	5:30am-8:45pm	11:00am-11:45am Lanes 1 & 2 Reserved	9:00am-11:00am 6:30pm-8:15pm Lane 4 Reserved
<b>Friday</b>	5:30am-8:30am 9:30am-7:45pm	5:30am-8:30am 9:30am-7:45pm	8:30am-9:15am * Lanes 1 & 2 Reserved	Swim lessons may be scheduled on Fridays in the event of a shift cancellation
<b>Saturday</b>	8:00am-1:45pm	8:00am-1:45pm		9:00am-12:00pm Lane 4 Reserved
<b>Sunday</b>	1:00pm-4:45pm	1:00pm-4:45pm		

**\*Pool is closed to lap & recreational swimming during Aqua Fitness on Monday & Friday 8:30am-9:30am.\***

Lap lanes are for continuous lap swimming using the stroke of your choice, with or without training equipment. Water walking and water resistance training is considered aquatic fitness and permitted in the designated area for independent or group aqua fitness training. Lap lanes are limited during aquatic programs and the aquatic fitness areas are shared with all during open swim. We highly encourage all members and guests to review the schedule above to best plan when to visit the pool. This way you can have the best experience during your visit.

\*\*\*Swim Lessons end on March 28, 2024

Saleeby Family YMCA \* 107 Carletta Cagle Dr. Cameron, NC 28326 \* 910-426-9622