



# Saleeby Family YMCA

## Pool Schedule: July

	Recreational Swim	Lap Swim	Aqua Fitness*	Swim Lessons**	Kids Camp/Teen Programs***
<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 Whole Pool reserved	9:30am-12:00pm 2:30pm-6:30pm Lane 4 Reserved	
<b>Tuesday</b>	5:30am-11:00am 12:00pm-8:45pm	5:30am-11:00am 12:00pm-8:45pm	11:00am-11:45am Whole Pool Reserved	4:00pm-7:00pm Lane 4 Reserved	C.I.T Instructional Program 1:00-2:00pm Lane 4 Reserved
<b>Wednesday</b>	5:30am-8:30am 9:30am-12:30pm 3:30pm-6:30pm 7:30pm-8:45pm	5:30am-8:30am 9:30am-12:30pm 3:30pm-8:45pm	8:30am-9:15am 6:30pm-7:15pm Whole Pool reserved	9:30am-12:00pm 2:30pm-6:30pm Lane 4 Reserved	Camp Swim 12:30-3:30pm Whole Pool Reserved
<b>Thursday</b>	5:30am-11:00am 12:00pm-8:45pm	5:30am-11:00am 12:00pm-8:45pm	11:00am-11:45am Whole Pool Reserved	4:00pm-7:00pm Lane 4 Reserved	
<b>Friday</b>	5:30am-8:30am 9:30am-12:30pm 3:30pm-8:45pm	5:30am-8:30am 9:30am-12:30pm 3:30pm-8:45pm	8:30am-9:15am Whole Pool Reserved	Swim lessons may be scheduled on Fridays in the event of a shift cancellation	Camp Swim 12:30-3:30pm Whole Pool Reserved
<b>Saturday</b>	8:00am-1:45pm	8:00am-1:45pm			
<b>Sunday</b>	1:00pm-4:45pm	1:00pm-4:45pm			

**\*Pool is closed to lap & recreational swimming during ALL Aqua fitness Classes Monday-Friday, and during Camp Swim on Wednesday & Friday\***

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 August 22, 2024      \*\*\*Camp Swim ends on August 9, 2024

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