



Saleeby Family YMCA

Pool Schedule: November 2024

All members and guests are to follow pool rules and procedures. Please comply with lifeguard instructions or guidance.

	Recreational Swim	Lap Swim	Aqua Fitness	Swim Lessons	Kids Camp/Teen Programs
Monday	5:30am-8:30am	5:30am-8:30am	8:30am-9:15am	9:30am-12:30pm	
	9:15am-6:30pm	9:15am-6:30pm	6:30pm-7:15pm	3:30pm-7:30pm	
	7:30pm-8:45pm	7:30pm-8:45pm	*Pool Reserved*	Lane 3 & 4 reserved	
Tuesday	5:30am-11:00am	5:30am-11:00am	11:00am-11:45am	9:00am-12:00pm	
	11:45am-8:45pm	11:45am-8:45pm	*Pool Reserved*	3:30pm-7:30pm	
				Lane 4 reserved	
Wednesday	5:30am-8:30am	5:30am-8:30am	8:30am-9:15am	9:30am-12:30pm	
	9:15am-6:30pm	9:15am-6:30pm	6:30pm-7:15pm	3:30pm-7:30pm	
	7:30pm-8:45pm	7:30pm-8:45pm	*Pool Reserved*	Lane 3 & 4 reserved	
Thursday	5:30am-11:00am	5:30am-11:00am	11:00am-11:45am	9:00am-12:00pm	
	11:45am-8:45pm	11:45am-8:45pm	*Pool Reserved*	3:30pm-7:30pm	
				Lane 4 reserved	
Friday	5:30am-8:30am	5:30am-8:30am	8:30am-9:15am	9:30am-12:30pm	
	9:15am-6:30pm	9:15am-6:30pm	*Pool Reserved*	3:30pm-7:00pm	
	7:30pm-8:45pm	7:30pm-8:45pm		Lane 4 reserved	
Saturday	8:00am-1:45pm	8:00am-1:45pm		9:00am-12:00pm	
				Lane 4 reserved	
Sunday	1:00pm-4:45pm	1:00pm-4:45pm			

Pool is closed to lap and recreational swimming during all Aqua fitness classes, and during camp swimming. The YMCA reserves the right to adjust the schedule when necessary and will provide as much notice as possible. We ask our members to be patient and understanding as notice may not be possible in certain situations.

Lap lanes are first come first serve and are for continuous lap swimming only. They must be shared when necessary to accommodate space. Circle swimming is the preferred swim etiquette, but lane splitting is also permitted. Lap swimmers are to agree on the method used among themselves. Please be courteous. Water walking and water resistance training are considered aquatic fitness and are not permitted in lap lanes.

Saleeby Family YMCA * 107 Carletta Cagle Drive, Cameron, NC 28326 * 910-426-9622 option 2