



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

HODDING CARTER MEMORIAL YMCA



Aug. 2nd – Aug. 15th, 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:15am-6:30am Adult Lap Swim Masters Swim Lap Side B. Ott	9:00am-9:50am Aqua Fitness Adult Lap Swim C. Johnson	5:15am-6:30am Adult Lap Swim Masters Swim Lap Side B. Ott	9:00am-9:50am Aqua Fitness Adult Lap Swim C. Johnson	5:15am-6:30am Adult Lap Swim Masters Swim Lap Side B. Ott		
				10:15am.-11:05am Aqua Fitness Family Side C. Johnson	11:30am-1:30pm Family Open Swim Adult Lap Swim	
	5pm - 7pm Open Swim Adult Lap Swim		5pm-7pm Open Swim Adult Lap Swim			
5:30pm-6:20pm Aqua Fitness Family Side C. Johnson	5:30pm-6:20pm Aqua Fitness Family Side C. Johnson		5:30pm-6:20pm Aqua Fitness Family Side C. Johnson			

Patrons will be asked to leave the pool 5 minutes prior to closing during each session.

Adult Lap Swim: There will be lane ropes in place for continuous swimming. The number of dedicated lanes will vary. 4 individuals per lane maximum allowed.

Open Swim: Space available for recreational activity. The amount of space will vary.

Children under the age of 15 must be accompanied by an adult.

Aqua Fitness: Group exercise, led by an instructor.

Family Open Swim: Anyone under the age of 18 must be accompanied by their parent or guardian.

When a name appears in a space, this is the leader at that time.

If no name appears, the pool is open and staffed but no leader for the designated activities.

The pool has 2 sides. A lap side (larger pool) and a family side (smaller pool with stairs). The schedule will state a side for an activity.

POOL SCHEDULE AND NUMER OF LANES OFFERED IS SUBJECT TO CHANGE WITHOUT NOTICE.