

LAP POOL SCHEDULE



WILSON FAMILY YMCA

WINTER 2023

MONDAY	Lane	5AM	6AM	7AM	8AM	9AM	10AM	11AM	12PM	1PM	2PM	3PM	4PM	5PM	6PM	7PM	8P	Lane	8:30PM	
	1			Augusta Eagles Swim Team	Lap Swim										Swim Lessons		August a Prep			1
	2																	2		
	3																	3		
	4															August a Prep		4		
	5																	5		
	6						Wake Up	Cardio Core	Power Water									6		
	7	Open Swim										Open Swim				Power Water	Open Swim			7
	8																	8		

TUESDAY	Lane	5AM	6AM	7AM	8AM	9AM	10AM	11AM	12PM	1PM	2PM	3PM	4PM	5PM	6PM	7PM	8P	Lane	8:30PM
	1	Augusta Eagles Swim Team		Lap Swim										Swim Lessons		YMCA swim team		1	
	2															2			
	3																	3	
	4																	4	
	5																	5	
	6	Aqua Toning		Water Werqs														6	
																7			
	8	Open Swim				Open Swim										Evening Energy	Open Swim	8	

WEDNESDAY	Lane	5AM	6AM	7AM	8AM	9AM	10AM	11AM	12PM	1PM	2PM	3PM	4PM	5PM	6PM	7PM	8P	Lane	8:30PM
	1	Lap Swim												Swim Lessons	August a Prep	1			
	2															2			
	3															3			
	4													August a Prep		4			
	5															5			
	6															6			
	7	Open Swim				Wake Up	Cardio Core	Power Water	Open Swim				Power Water	Open Swim	7				
	8														8				

THURSDAY	Lane	5AM	6AM	7AM	8AM	9AM	10AM	11AM	12PM	1PM	2PM	3PM	4PM	5PM	6PM	7PM	8P	Lane	8:30PM	
	1	Augusta Eagles Swim Team		Lap Swim										Swim Lessons		YMCA swim team		1		
	2																	2		
	3																	3		
	4																	4		
	5																	5		
	6	Open Swim		Aqua Toning		Water Werqs		Open Swim							Aqua Zumba		Open Swim			6
	7																			7
	8																	8		

FRIDAY	Lane	5AM	6AM	7AM	8AM	9AM	10AM	11AM	12PM	1PM	2PM	3PM	4PM	5PM	6PM	7PM	8P	Lane	8:30PM												
	1	Lap Swim												YMCA Swim Team			1														
	2													Augusta Eagles Swim Team															2		
	3																													3	
	4																													4	
	5																	5													
	6					Wake Up			Cardio Core			Mermaid Strong								6											
	7	Open Swim								Open Swim										Evening Energy	Open Swim	7									
	8																					8									

	Lane	7AM	8AM	9AM	10AM	11AM	12PM	1PM	2PM	3PM	4PM	Lane	
SATURDAY	1		Adaptive Swim Team			Swim Lessons						1	Pool Closes at 4:30PM
	2											2	
	3											3	
	4											4	
	5											5	
	6											6	
	7	Open Swim			Aqua Zumba							7	
	8											8	

	Lane	1PM	2PM	3PM	4PM	
SUNDAY	1					Pool Closes at 4:30PM
	2					
	3					
	4					
	5					
	6					
	7	Lap Swim				
	8					

****Schedule may change without notice****