



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

NUBER YMCA POOL SCHEDULE

EFFECTIVE FEBRUARY 2018

POOL HOURS:

Mon - Thur:
5:00a-8:45p
Fri:
5:00a-7:45p
Sat:
7:00a-5:45p
Sun:
12:00p-5:45p

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
US Masters Kelsey M. 5-7am Lanes 1-4		US Masters Kelsey M. 5-7am Lanes 1-4		US Masters Kelsey M. 5-7am Lanes 1-4		
Early Bird Water Fit Mattie S. 6-7am Lanes 7-8	Early Bird Water Fit Mattie S. 6-7am Lanes 7-8	Early Bird Water Fit Mattie S. 6-7am Lanes 7-8	Early Bird Water Fit Mattie S. 6-7am Lanes 7-8	Early Bird Water Fit Mattie S. 6-7am Lanes 7-8		
US Masters Kelsey M. 8:30-9:30am Lanes 1-4		US Masters Kelsey M. 8:30-9:30am Lanes 1-4		US Masters Kelsey M. 8:30-9:30am Lanes 1-4	Aqua Zumba Monica S. 8:30-9:30a Lanes 7-8	
Aqua Blast Patty O. 9:30-10:30a Lanes 7-8	Shallow Water Fit Mattie S. 9:30-10:30a Lanes 7-8	Aqua Blast Patty O. 9:30-10:30a Lanes 7-8	Shallow Water Fit Mattie S. 9:30-10:30a Lanes 7-8	Shallow Water Fit Mattie S. 9:30-10:30a Lanes 7-8	Aqua Boot Camp Mattie S. 9:30-10:30a Lanes 7-8	
	Deep Water Fit Mattie S. 10:30-11:30a Lanes 7-8	Deep Water Workout Lisa B. 10:30-11:30a Lanes 7-8	Deep Water Fit Mattie S. 10:30-11:30a Lanes 7-8	Deep Water Fit Mattie S. 10:30-11:30a Lanes 7-8		
Shallow Water Fit Mattie S. 5:30-6:30p Lanes 7-8						

SAFETY FIRST!

For the safety of members & guests, all swimmers under the age of 16 must wear a wristband based on swimming ability to enter the pool.

- * **RED WRISTBAND:**
Must remain in shallow end
- * **GREEN WRISTBAND:**
Must pass swim test, can swim in shallow & deep ends

TEAM PRACTICES Our pool is a multi-use facility that is home to swim teams. Practice schedules/lane assignments are listed below:

Bluff City Water Polo	Monday, Wednesday	8-9:30p	<i>Deep End Lanes 1-4</i>
YMCA Swim Team	Monday-Friday	2-3:30p	<i>Deep End Lanes 1-3</i>
	Monday-Thursday	6-7p	<i>Deep End Lanes 1-3</i>
MUS/Hutchison	Monday-Friday	4-5:30p	<i>Deep End Lanes 1-4</i>
CBHS Water Polo	Tuesday, Thursday	7-8:30p	<i>Deep End Lanes 1-4</i>
Elementary Swim League	Monday-Thursday	4p-5:00p	<i>Deep End Lanes 1-4</i>

BEST LAP SWIMMING TIMES

Our pool is open 70 hours each week. We strive to always have lanes reserved for lap swimming. Here are some of the best times to come:

- Monday: 7a-8:30a, 9:30a-2p, 7-8:45p**
- Tuesday & Thursday: 5a-2p, 7-8:45p**
- Wednesday & Friday: 7a-8:30a, 9:30a-2p, 7-8:45p**
- Sat & Sun: Anytime**

*During peak usage times, please be willing to circle swim.

YMCA Swim Lessons & Swim Teams

Enjoy year-round aquatics programming in our pool here at the Nuber YMCA! We offer swim lessons for all ages, open swim, kids and adult swim teams, and group water exercise. Check out our info board by the pool entrance for information on what the Nuber YMCA pool has to offer!

RIC NUBER YMCA

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NUBER YMCA POOL

LAYOUT AND FACTS

Facts
72 lengths =
1 mile

25 yard lap lanes
The pool contains
360,000 gallons of
water

Swim Attire:
Males should wear
swim suit with
drawstring and a
liner.

Females should
wear a one or two
piece bathing suit
suitable for a
family atmosphere.

