



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

CORDOVA FAMILY YMCA POOL SCHEDULE WINTER 2018

HOURS	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Mon - Fri: 5:00a-8:00pm	Rec Swim & Lap Swim 5a-9a	Rec Swim & Lap Swim 5a-9a	Rec Swim & Lap Swim 5a-9a	Rec Swim & Lap Swim 5a-9a	Rec Swim & Lap Swim 5a-9a	Rec Swim & Lap Swim 7a-9a	Rec Swim and Lap swim 12p-4:45p
Sat: 7:00a-5:45p							
Sun: 12:00p-4:45p							
BEST LAP SWIMMING TIMES Our pool is open over 70 hours a week, but some times are better than others for lap swimming:	Shallow Water Aerobics 9a-10a	Shallow Water Aerobics 9a-10a	Shallow Water Aerobics 9a-10a	Shallow Water Aerobics 9a-10a	Shallow Water Aerobics 9a-10a	Shallow Water Aerobics 9a-10a	
Monday-Friday: 5a-9a, 10a-3p, 7p-8p	Rec Swim & Lap Swim 10p-3p	Rec Swim & Lap Swim 10p-3p	Rec Swim & Lap Swim 10p-3p	Rec Swim & Lap Swim 10p-3p	Rec Swim & Lap Swim 10a-3p*	Rec Swim & Lap Swim 10a-5:45p	
Saturday & Sunday: All Day	Swim Team 3p-5p	Swim Team 3p-5p	Swim Team 3p-5p	Swim Team 3p-5p	Swim Team 3p-5p		
Lap Swim lanes are always available. Please share lanes when necessary. Recreational Swimming is available 10am every day except during water aerobic classes.	Rec Swim & Lap Swim 5p-8p	Swim Lessons 4:30p-6:30p	Rec Swim & Lap Swim 5p-8p	Swim Lessons 4:30p-6:30p	Rec Swim & Lap Swim 5p-8p*		
** we reserve the right to change the schedule without notice due to special events, trainings, class needs, and pool maintenance **		Swim Team 6:00p-7:00p		Swim Team 6:00p-7:00p			
Space set aside for makeup swim lessons		Shallow Water Aerobics 6:45p-7:45p		Shallow Water Aerobics 6:45p-7:45p			
For more information please contact Amanda Ellis, Program Director amanda.ellis@ymcamemphis.org						