



# NUBER YMCA POOL SCHEDULE

WINTER 2019 (Updated 01-01-2019)

## POOL HOURS:

**Mon - Thur:**

5:00a-8:45p

**Fri:**

5:00a-7:45p

**Sat:**

7:00a-5:45p

**Sun:**

12:00p-5:45p

### 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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>US Masters</b> Gina C. 5-7am Lanes 1-4		<b>US Masters</b> Gina C. 5-7am Lanes 1-4		<b>US Masters</b> Gina C. 5-7am Lanes 1-4	
<b>Early Bird Water Fit</b> Mattie S. 6-7am Lanes 7-8	<b>Early Bird Water Fit</b> Mattie S. 6-7am Lanes 7-8	<b>Early Bird Water Fit</b> Mattie S. 6-7am Lanes 7-8	<b>Early Bird Water Fit</b> Mattie S. 6-7am Lanes 7-8	<b>Early Bird Water Fit</b> Mattie S. 6-7am Lanes 7-8	
<b>Swim Technique &amp; Training</b> Gina C. 8:30am-9:30am Lanes 1-3		<b>Swim Technique &amp; Training</b> Gina C. 8:30am-9:30am Lanes 1-3		<b>Swim Technique &amp; Training</b> Gina C. 8:30am-9:30am Lanes 1-3	<b>Aqua Zumba</b> Monica S. 8:30-9:30a Lanes 7-8
<b>Aqua Blast</b> Mattie S. 9:30-10:30a Lanes 7-8	<b>Shallow Water Fit</b> Mattie S. 9:30-10:30a Lanes 7-8	<b>Aqua Blast</b> Lisa B. 9:30-10:30a Lanes 7-8	<b>Shallow Water Fit</b> Mattie S. 9:30-10:30a Lanes 7-8	<b>Shallow Water Fit</b> Mattie S. 9:30-10:30a Lanes 7-8	
<b>Deep Water Fit</b> Mattie S. 10:30-11:30a Lanes 7-8		<b>Deep Water Workout</b> Lisa B. 10:30-11:30a Lanes 7-8		<b>Deep Water Fit</b> Mattie S. 10:30-11:30a Lanes 7-8	
<b>Shallow Water Aqua Boot Camp</b> Mattie S. 5:30-6:30p Lanes 7-8	<b>Water Walking</b> Ronda 5:30-6:00p Shallow End 1-2	<b>Aqua Zumba</b> Jessica M. 5:30-6:30p Lanes 7-8	<b>Aqua Blast</b> Melissa L. 5:30-6:30p Shallow End 1-2		

### BEST LAP SWIMMING TIMES

Lap Lanes are always available. We strive to always have lanes reserved just for lap swimming.

Here are some of the best Lap Swim times:

**Mon/Wed: 7a-3p, 6:30p-8p**

**Tues/Thur: 5a-3p, 5:30p-8:45**

**Friday: 7a-4p, 5:30p-close**

**Sat & Sun: Anytime**

#### PLEASE NOTE:

\*4p-5:30p Lanes 7-8 are reserved for Lap Swimming

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

<b>CBHS WATER POLO</b>	Mon & Wed	7p-8p	Deep End Lanes 1-4
	Tues & Thur	7-8:30p	
<b>BLUFF CITY WATER POLO</b>	Mon & Wed	8p-9:30p	Deep End Lanes 1-6
<b>Y SWIM TEAM</b>	Tues, Thur, Fri	3p-4p	Deep End Lanes 1-3
	Mon-Thur	6p-7p	
<b>MUS/HUTCHISON SWIM TEAM</b>	Mon, Tues, Thur, Fri	4p-5:30p	Deep End Lanes 1-6 Shallow Lanes 1-4
	Wed	3p-4:30p	

### RIC NUBER YMCA

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FOR YOUTH DEVELOPMENT®  
 FOR HEALTHY LIVING  
 FOR SOCIAL RESPONSIBILITY

# NUBER YMCA POOL

**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.

