

# 6-LANE POOL SCHEDULE

Nir Family YMCA

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>5:00-6:00AM</b> Lap Swim (6 Lanes)	<b>5:00-6:00AM</b> Lap Swim (6 Lanes)	<b>5:00-6:00AM</b> Lap Swim (6 Lanes)	<b>5:00-6:00AM</b> Lap Swim (6 Lanes)	<b>5:00-10:00AM</b> Lap Swim (5 Lanes)	<b>7:00-5:00PM</b> Lap Swim (5 Lanes) Programs (1 Lane)
					SUNDAY
<b>6:00-10:00AM</b> Lap Swim (5 Lanes)	<b>6:00-8:00AM</b> Masters Swim	<b>6:00-10:00AM</b> Lap Swim (5 Lanes)	<b>6:00-8:00AM</b> Masters Swim		<b>12:00-4:30PM</b> Lap Swim (5 Lanes) Programs (1 Lane)
<b>10:00AM-10:10AM</b> Lap Swim (4 Lanes) Water Aerobics (1 Lane)	<b>7:15-8:00AM</b> Deep Water Aerobics w/Alicia M.	<b>10:00AM-10:10AM</b> Lap Swim (4 Lanes) Water Aerobics (1 Lane)	<b>7:15-8:00AM</b> Deep Water Aerobics w/Alicia M.	<b>10:00AM-10:10AM</b> Lap Swim (4 Lanes) Water Aerobics (1 Lane)	
	<b>8:00-11:00AM</b> Lap Swim (5 Lanes)		<b>8:00-11:00AM</b> Lap Swim (5 Lanes)		
<b>10:15-11:00AM</b> Deep Water Aerobics w/Alicia M.		<b>10:15-11:00AM</b> Deep Water Aerobics w/Alicia M.	<b>11:00AM-11:10AM</b> Lap Swim (4 Lanes) Water Aerobics (1 Lane)	<b>10:15-11:00AM</b> Deep Water Aerobics w/Alicia M.	
<b>11:00AM-1:00PM</b> Lap Swim (5 Lanes) Water Jogging (1 Lane)	<b>11:00AM-12:15PM</b> Lap Swim (5 Lanes) Water Jogging (1 Lane)	<b>11:00AM-12:00PM</b> Lap Swim (5 Lanes) Water Jogging (1 Lane)	<b>11:15AM-12:00PM</b> Deep Water Aerobics w/Cathy S. (3 Lanes) Lap Swim (3 Lanes)		
	<b>12:15-1:15PM</b> Masters Swim		<b>12:15-1:15PM</b> Masters Swim		
<b>1:00-4:00PM</b> Lap Swim (4 Lanes) Water Jogging (1 Lane)	<b>1:15-4:45PM</b> Lap Swim (5 Lanes) Water Jogging (1 Lane)	<b>12:00-4:00PM</b> Lap Swim (5 Lanes) Water Jogging (1 Lane)	<b>1:15-4:45PM</b> Lap Swim (5 Lanes) Water Jogging (1 Lane)	<b>11:00AM-4:00PM</b> Lap Swim (5 Lanes) Water Jogging (1 Lane)	
<b>4:00PM-4:30PM</b> Swim Team (4 Lanes) Lap Swim (2 Lanes)		<b>4:00PM-4:30PM</b> Swim Team (4 Lanes) Lap Swim (2 Lanes)		<b>4:00PM-4:30PM</b> Swim Team (4 Lanes) Lap Swim (2 Lanes)	
<b>4:30-5:30PM</b> Swim Team (6 Lanes)	<b>4:45-5:30PM</b> Swim Team (4 Lanes) Lap Swim (2 Lanes)	<b>4:30-5:30PM</b> Swim Team (6 Lanes)	<b>4:45-5:30PM</b> Swim Team (4 Lanes) Lap Swim (2 Lanes)	<b>4:30-5:30PM</b> Swim Team (4 Lanes) Lap Swim (2 Lanes)	
<b>5:30-6:30PM</b> Swim Team (6 Lanes)	<b>5:30-6:30PM</b> Swim Team (4 Lanes) Lap Swim (2 Lanes)	<b>5:30-6:30PM</b> Swim Team (6 Lanes)	<b>5:30-6:30PM</b> Swim Team (4 Lanes) Lap Swim (2 Lanes)	<b>5:30-6:30PM</b> Swim Team (4 Lanes) Lap Swim (2 Lanes)	
<b>6:30-7:30PM</b> Swim Team (4 Lanes) Lap Swim (2 Lanes)	<b>6:30-7:30PM</b> Swim Team (4 Lanes) Lap Swim (2 Lanes)	<b>6:30-7:30PM</b> Swim Team (4 Lanes) Lap Swim (2 Lanes)	<b>6:30-7:30PM</b> Swim Team (4 Lanes) Lap Swim (2 Lanes)	<b>6:30-7:30PM</b> Swim Team (4 Lanes) Lap Swim (2 Lanes)	
<b>7:30-8:30PM</b> Lap Swim (6 Lanes)	<b>7:30-8:30PM</b> Lap Swim (6 Lanes)	<b>7:30-8:30PM</b> Lap Swim (6 Lanes)	<b>7:30-8:30PM</b> Lap Swim (6 Lanes)	<b>7:30-8:30PM</b> Lap Swim (6 Lanes)	

Updated February 2026

**Reservations are required for all water aerobics classes.**  
Check your app for changes to the schedule.



# FAMILY POOL SCHEDULE

Nir Family YMCA

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					<b>7:00AM-1:00PM</b> Swim Lessons
<b>7:15-8:00AM</b> Shallow Water Aerobics w/Leandra G.	<b>7:15-8:00AM</b> Family Swim Recreational swim	<b>7:15-8:00AM</b> Shallow Water Aerobics w/Leandra G.	<b>7:15-8:00AM</b> Family Swim Recreational swim	<b>7:15-8:00AM</b> Shallow Water Aerobics w/Leandra G.	<b>1:00-3:00PM</b> Family Swim Recreational swim
<b>8:15-9:00AM</b> Shallow Water Aerobics w/ Laura N.	<b>8:15-9:00AM</b> Shallow Water Aerobics w/ Laura N.	<b>8:15-9:00AM</b> Shallow Water Aerobics w/ Laura N.	<b>8:15-9:00AM</b> Shallow Water Aerobics w/ Laura N.	<b>8:15-9:00AM</b> Shallow Water Aerobics w/ Laura N.	<b>3:00-4:00PM</b> Family Swim or Birthday Parties (Check App)
<b>9:15-10:00AM</b> Shallow Water Aerobics w/Will H.	<b>9:15-10:00AM</b> Shallow Water Cardio w/Will H.	<b>9:15-10:00AM</b> Shallow Water Aerobics w/Will H.	<b>9:15-10:00AM</b> Shallow Water Cardio w/Will H.	<b>9:15-10:00AM</b> Shallow Water Aerobics w/Will H.	<b>4:00-5:00PM</b> Family Swim or Birthday parties (Check App)
<b>10:00AM-2:00PM</b> Family Swim Recreational Swim	<b>10:00AM-11:00AM</b> Swim Lessons	<b>10:00AM-12:00PM</b> Swim Lessons	<b>10:00AM-12:00PM</b> Family Swim Recreational Swim	<b>10:00AM-12:00PM</b> Family Swim Recreational Swim	<b>SUNDAY</b>
					<b>12:00PM-4:30PM</b> Family Swim Recreational Swim
<b>2:00PM-4:00PM</b> UNCW Aquatic Physical Therapy	<b>11:00AM-4:00PM</b> Family Swim Recreational Swim	<b>12:00PM-4:00PM</b> Family Swim Recreational Swim	<b>12:00PM-4:00PM</b> Family Swim Recreational Swim	<b>12:00PM-4:00PM</b> Family Swim Recreational Swim	
<b>4:00-7:30PM</b> Swim Lessons	<b>4:00-7:30PM</b> Swim Lessons	<b>4:00-7:30PM</b> Swim Lessons	<b>4:00-7:30PM</b> Swim Lessons	<b>4:00-7:30pm</b> Family Swim Recreational Swim	
<b>7:30-8:30PM</b> Family Swim Recreational swim	<b>7:30-8:15PM</b> Aqua Zumba w/Marisol F.	<b>7:30-8:30PM</b> Family Swim Recreational swim	<b>7:30-8:15PM</b> Aqua Zumba w/Marisol F.	<b>7:30-8:30PM</b> Family Swim Recreational swim	

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