



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FAMILY POOL SCHEDULE



Updated: February 7, 2019

YMCA SOUTHEASTERN NORTH CAROLINA

2710 Market St. Wilmington, NC 28403
910-251-9622 x236
www.ymcasenc.org

HOURS	Facility Hours	Family Pool Hours
Monday-Thursday	5:00am-9:00pm	7:00am-9:00pm
Friday	5:00am-8:00pm	7:00am-8:00pm
Saturday	8:00am-6:00pm	8:00am-6:00pm
Sunday	1:00pm-6:00pm	1:00pm-6:00pm

LOCKER ROOMS

Ages 6+ must use gender appropriate locker rooms
Ages 12+ may use locker rooms without supervision
Ages 16+ may be considered the supervising guardian for siblings ages 11 & younger.

*Family changing room located on 6-Lane Pool Deck

FAMILY SWIM (CHILD & GUARDIAN)

There is plenty of pool time for you and your family to enjoy recreational swimming at the Y. We provide life jackets and Swim Tests for family safety. **All flotation devices that are brought into the pool must be US Coast Guard approved. Please check with your lifeguard for approval.**

Games- AQUATIC VOLLEYBALL & BASKETBALL

Family Fun Pool Time is when members can play organized basketball or volleyball.

SWIM LESSONS

The Y has long been America's favorite swimming instructor. We use a variety of approaches to help individuals build confidence in the water, learn water safety and develop skills that last a lifetime.

Group Lessons

4x \$40 Non Members \$30 Members
8x \$80 Non Members \$60 Members

Private Lessons

1x \$30 Non \$20 Members
6x \$162 Non \$108 Members

Buddy Lessons

1x \$24 Non \$16 Members
6x \$130 Non \$86 Members

BIRTHDAY PARTIES

Make a splash with a birthday bash! Our team will supervise kids for an hour of free swim and fun games in our new Family Pool and then end the party in your exclusive party room- a great opportunity to indulge in cake and ice cream and open birthday presents! The available pool space will be determined by the size of your party.

Members \$150.00
Non-Members \$200.00

CAPE FEAR AQUATICS CLUB SWIM TEAM

Kids can take their skills to the next level and build confidence in our summer and year-round Swim Team programs. Swim Team gives kids the opportunity to work on strokes, build endurance and participate in meets in a positive and fun atmosphere.

MASTERS SWIM

A competitive swim program designed for all skill levels; beginners, seasoned triathletes, lap swimmers, and swimmers who simply want a group workout. Pre-registration is required.

We offer 10 coached practices a week.

YMCA Members Only \$16 / month

LAP SWIM (AGES 12+) & SPA (AGES 18+)

Whether you are training for a triathlon or simply swimming to stay in shape, the Y offers ample time for members and guests to swim laps in our indoor heated pool. **Circle swimming will be required based on lane capacity and needs.**

WATER FITNESS

Adults looking to challenge themselves without stress on their joints or members who just enjoy being in the pool can take advantage of our water exercise classes. Instructors lead small groups in aerobics, core strengthening and much more. The Y provides both Deep & Shallow Water Aerobics classes which are ideal for all ages and fitness levels.

Please note that Deep classes are held in the 6-Lane Pool and Shallow Classes are held in the Family Pool

Mon / Wed / Fri Classes

7:00am-8:00am
Deep Water Exercise
Lisa

7:30am-8:30am
Shallow Water Exercise
Shirley

8:30am-9:30am
Shallow Water Exercise
Shirley

10:00am-11:00am
Deep Water Exercise
Wayne

Tue / Thu / Sat Classes

8:00am-9:00am
Deep Water Exercise
Sat Maritsa / Lynn / Ann

8:30am-9:30am
Cardio Blast (Shallow Water)
Tue & Thu Angela

1:00pm-2:00pm
Deep Water Cardio
Tue /Thu Dawn

MEMBER ENTRY:

Please bring your Y membership key fob for entry

GUEST PASSES:

Adult (15yrs +) \$10/day
Youth (6wk-14yrs) \$5/day

*Youth Guests must be supervised by a parent or guardian ages 16+

POOL TEMPERATURES:

The pool temperature will be maintained between 84-86 degrees for Family Pool and 82-83 degrees for 6-Lane Pool. Hot Tub will be kept 102-104 degrees.

FAMILY POOL SCHEDULE

MONDAY

7:00am-7:30am
Free Swim

7:30am-8:30am
Water Exercise
(Shirley)

8:30am-9:30am
Water Exercise
(Shirley)

9:30am-11:00am
Swim Lessons

11:00am-12:00pm
Family Swim
Pre-School

12:00pm-3:15pm
Family Swim
Camp

3:15pm-4:00pm
Swim Lessons
Afterschool

4:00pm-5:30pm
Swim Lessons

5:30pm-6:30pm
Family Swim
Games

6:30pm-8:00pm
Swim Lessons
Family Swim

8:00pm-9:00pm
Family Swim
Games

TUESDAY

7:00am-8:30am
Free Swim

8:30am-9:30am
Cardio Blast Angela

9:30am-11:00am
Swim Lessons

11:00am-12:00pm
Family Swim

12:00pm-3:15pm
Family Swim
Camp

3:15pm-4:00pm
Swim Lessons
Afterschool

4:00pm-5:30pm
Swim Lessons

5:30pm-6:30pm
Family Swim
Games

6:30pm-8:00pm
Swim Lesson
Family Swim

8:00pm-9:00pm
Family Swim
Games

WEDNESDAY

7:00am-7:30am
Free Swim

7:30am-8:30am
Water Exercise
(Shirley)

8:30am-9:30am
Water Exercise
(Shirley)

9:30am-11:00am
Swim Lessons

11:00am-12:00pm
Family Swim

12:00pm-3:15pm
Family Swim
Camp

3:15pm-4:00pm
Swim Lessons
Afterschool

4:00pm-5:30pm
Swim Lessons

5:30pm-6:30pm
Family Swim
Games

6:30pm-8:00pm
Swim Lessons
Family Swim

8:00pm-9:00pm
Family Swim
Games

THURSDAY

7:00am-8:30am
Free Swim

8:30am-9:30am
Cardio Blast Angela

9:30am-11:00am
Swim Lessons

11:00am-12:00pm
Family Swim
Pre-School

12:00pm-3:15pm
Family Swim
Camp

3:15pm-4:00pm
Swim Lessons
Afterschool

4:00pm-5:30pm
Swim Lessons

5:30pm-6:30pm
Family Swim
Games

6:30pm-8:00pm
Swim Lesson
Family Swim

8:00pm-9:00pm
Family Swim
Games

FRIDAY

7:00am-7:30am
Free Swim

7:30am-8:30am
Water Exercise
(Shirley)

8:30am-9:30am
Water Exercise
(Shirley)

9:30am-11:00am
Swim Lessons***
Family Swim

11:00am-12:00pm
Family Swim

12:00pm-3:15pm
Family Swim
Camp

3:15pm-4:00pm
Swim Lessons***
Afterschool

4:00pm-5:30pm
Swim Lessons***
Family Swim

5:30pm-6:30pm
Family Swim
Games

6:30pm-8:00pm
Swim Lessons***
Family Swim

SATURDAY

8:00am-9:00am
Water Exercise
(Maritsa, Lynn, Ann)

9:00am-12:00pm
Swim Lessons
Family Swim

12:00pm-6:00pm
Family Swim

SUNDAY

1:00pm-2:00pm
Swim Lessons

2:00pm-3:00pm
Swim Lessons
Family Swim

3:00pm-6:00pm
Family Swim

Indicates that
swim lessons
may be held
for make-ups
due to
inclement
weather.

CHECK OUT OUR NEW SPLASH POOL

We are excited to open our brand new splash pool this summer! Our splash pad area will be open at all times during our Family Pool Hours.

Splash Features Include:

- Rain Castle
- Deck Cascades
- Rain Buckets

GIVE US YOUR FEEDBACK

With our new Family Pool, we will be getting feedback from our members on the new pool schedule. We will be reviewing your responses on a weekly basis to help us better meet the needs of our members. Please send any questions or concerns to: tom.addington@ymcasenc.org or call 251-9622 ext.254





FOR YOUTH DEVELOPMENT®
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6-LANE POOL SCHEDULE



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Shirley

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Deep Water Exercise
Wayne

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6-LANE POOL SCHEDULE



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
5:00am-5:40am Lap Swim	Lanes 6	5:00am-5:40am Lap Swim	Lanes 6	5:00am-5:40am Lap Swim	Lanes 6	5:00am-5:40am Lap Swim	Lanes 6	5:00am-5:40am Lap Swim	Lanes 6	8:00am-9:00am Lap Swim	Lanes 3
										CFAC Swim Team	3
5:40am-6:00am Lap Swim	2	5:40am-7:40am Lap Swim	3	5:40am-6:00am Lap Swim	2	5:40am-7:40am Lap Swim	3	5:40am-6:00am Lap Swim	2	9:00am-11:00am Lap Swim	5
Masters Swim	2	Masters Swim	3	Masters Swim	2	Masters Swim	3	Masters Swim	2	Personal Train	1
CFAC	2			CFAC	2			CFAC	2		
6:00am-6:40am Lap Swim	1	7:40am-10:00am Lap Swim	6	6:00am-6:40am Lap Swim	1	7:40am-10:00am Lap Swim	6	6:00am-6:40am Lap Swim	1	11:00am-12:00am Lap Swim	4
Masters	2			Masters	2			Masters	2	Swim Lessons	2
CFAC	2	10:00am-11:00am Lap Swim	5	CFAC	2	10:00am-11:00am Lap Swim	5	CFAC	2		
Personal Train	1	Water Exercise	1	Personal Train	1	Water Exercise	1	Personal Train	1	12:00pm-6:00pm Lap Swim	6
6:40am-7:00am Lap Swim	3	11:00am-12:00pm Lap Swim	6	6:40am-7:00am Lap Swim	3	11:00am-12:00pm Lap Swim	6	6:40am-7:00am Lap Swim	3	
CFAC	2			CFAC	2			CFAC	2	SUNDAY	
Personal Train	1	12:00pm-1:00pm Lap Swim	3	Personal Train	1	12:00pm-1:00pm Lap Swim	3	Personal Train	1	1:00pm-2:00pm Lap Swim	6
7:00am-8:00am Lap Swim	1	Masters Swim	3	7:00am-8:00am Lap Swim	1	Masters	3	7:00am-8:00am Lap Swim	3	2:00pm-3:00pm Lap Swim	4
Water Exercise (Lisa)	3	1:00pm-2:00pm Lap Swim	4	Water Exercise (Lisa)	3	1:00pm-2:00pm Lap Swim	4	Water Exercise (Lisa)	3	Swim Lessons	2
Personal Train	1	Water Cardio (Dawn)	2	Personal Train	1	Water Cardio (Dawn)	2	8:00am-10:00am Lap Swim	6	3:00pm-6:00pm Lap Swim	6
8:00am-9:00am Lap Swim	5	2:00pm-3:30pm Lap Swim	6	8:00am-9:00am Lap Swim	5	2:00pm-3:30pm Lap Swim	6	10:00am-11:00am Lap Swim	3	*** Indicates that swim lessons may be held for make-ups due to inclement weather.	
Personal Train	1			Personal Train	1			Water Exercise (Wayne)	3		
9:00am-9:30am Lap Swim	4	4:00pm-5:00pm CFAC Swim Team	6	9:00am-9:30am Lap Swim	4	4:00pm-5:00pm CFAC Swim Team	6	11:00am-12:00pm Lap Swim	4		
Personal Train	1			Personal Train	1			Swim Lessons	2		
Swim Lessons	1	5:00pm-6:00pm Lap Swim	1	Swim Lessons	1	5:00pm-6:00pm Lap Swim	1				
9:30am-10:00am Lap Swim	6	CFAC Swim Team	5	9:30am-10:00am Lap Swim	6	CFAC Swim Team	5	12:00pm-1:45pm Lap Swim	6		
10:00am-11:00am Lap Swim	3	6:00pm-7:45pm CFAC Swim Team	6	10:00am-11:00am Lap Swim	3	6:00pm-7:45pm CFAC Swim Team	6	1:45pm-3:30pm Lap Swim	6		
Water Exercise (Wayne)	3			Water Exercise (Wayne)	3						
11:00am-4:00pm Lap Swim	6	7:45pm-9:00pm Lap Swim***	6	11:00am-4:00pm Lap Swim	6	7:45pm-9:00pm Lap Swim***	6	4:00pm-4:30pm Lap Swim	1		
								CFAC Swim Team	5		
4:00pm-4:30pm Lap Swim	1			4:00pm-4:30pm Lap Swim	1			4:30pm-6:30pm CFAC Swim Team	6		
CFAC Swim Team	5			CFAC Swim Team	5						
4:30pm-6:30pm CFAC Swim Team	6			4:30pm-6:30pm CFAC Swim Team	6			6:30pm-7:00pm Swim Lessons***	2		
6:30pm-7:00pm Swim Lessons	2			6:30pm-7:00pm Swim Lessons	2			CFAC Swim Team	4		
CFAC Swim Team	4			CFAC Swim Team	4			7:00pm-8:00pm Lap Swim	2		
7:00pm-7:45pm Lap Swim	1			7:00pm-7:45pm Lap Swim	1			CFAC Swim Team	4		
CFAC Swim Team	5			CFAC Swim Team	5						
7:45pm-9:00pm Lap Swim	6			7:45pm-9:00pm Lap Swim	6						