



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FAMILY POOL SCHEDULE



Updated: August 25, 2019

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.**

SWIM LESSONS

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. Please contact Dan Hall at Dan.Hall@ymcasenc.org for more information.

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.

YMCA Members Only \$16 / month

NIF FAMILY YMCA

2710 Market St. Wilmington, NC 28403
910-251-8196
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 8+ must use gender appropriate boys/girls locker rooms
Ages 18+ must use gender appropriate men's/women's locker rooms
All families with kids under the age of 8 MUST USE the family locker room

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.

Mon / Wed / Fri Classes

*7:00am-8:00am
Deep Water Exercise
Amy- Monday & Friday
Pamela- Wednesday

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

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

*10:00am-11:00am
Deep Water Exercise
Dawn- Monday
Ali- Wednesday
Cindy- Friday

Tue / Thu / Sat Classes

8:00am-9:00am
Cardio Blast (Shallow Water)
Angela- Tuesday & Thursday
Dawn- Saturday

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

Robert Strange Pool

*Deep water aerobics that are highlighted in blue will all be at the Robert Strange Pool during the 6-lane renovation.

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. Spa will be kept at 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
Open Swim
Pre-School

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

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

4:00pm-5:30pm
Swim Lessons

5:30pm-6:30pm
Private Lessons
Open Swim

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

8:00pm-9:00pm
Open Swim

TUESDAY

7:00am-8:30am
Free Swim

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

9:30am-11:00am
Swim Lessons

11:00am-12:00pm
Open Swim

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

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

4:00pm-5:30pm
Swim Lessons

5:30pm-6:30pm
Open Swim
Private Lessons

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

8:00pm-9:00pm
Open Swim

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
Open Swim
Pre-School

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

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

4:00pm-5:30pm
Swim Lessons

5:30pm-6:30pm
Private Lessons
Open Swim

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

8:00pm-9:00pm
Open Swim

THURSDAY

7:00am-8:30am
Free Swim

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

9:30am-11:00am
Swim Lessons

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

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

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

4:00pm-5:30pm
Swim Lessons

5:30pm-6:30pm
Open Swim
Private Lessons

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

8:00pm-9:00pm
Open Swim

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***
Open Swim

11:00am-12:00pm
Open Swim

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

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

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

5:30pm-6:30pm
Private Lessons
Open Swim

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

SATURDAY

8:00am-9:00am
Water Exercise
(Dawn, Angela)

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

12:00pm-6:00pm
Open Swim

SUNDAY

1:00pm-3:00pm
Swim Lessons
Open Swim

3:00pm-6:00pm
Open Swim

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

SPLASH PAD HOURS

These are the hours of when the splash pad will be operational:

Monday - Thursday: 11:00am - 4:00pm
5:30pm - 6:30pm
8:00pm - 9:00pm

Friday: 11:00am - 8:00pm
Saturday: 11:00am - 6:00pm
Sunday: 2:00pm - 6:00pm

GIVE US YOUR FEEDBACK

Please send any questions or concerns to:
aquatic@ymcasenc.org or call (910) 251-9622 ext.254



Dates for Pool Closure

August 25th – September 15th



6-Lane pool and spa improvements include:

- Painting of the 6 lane pool
- Painting of spa
- Staining pool and spa decks
- Deep cleaning
- General maintenance

Where to Swim

During our renovation you will be able to swim at the following locations.

YWCA of Lower Cape Fear

2815 S. College Rd. Wilmington, NC
(910) 799-6820

Please see their website for operating hours.

www.ywca-lowercapefear.org

*Must bring your YMCA Membership Card for entry

Robert Strange (outdoor pool)-see below/backside for directions /map

410 S. 10th Street, Wilmington, NC 28401
(910) 341-7864

Monday-Friday 6:45 AM- 3:30 PM

Saturday 9:00 AM to 1:00 PM

Sunday 1:00 PM to 4:00 PM

Lap Swimming

Lap lanes will be available during the above hours.

Water Aerobics

All Y shallow water aerobics will be held at the Nir Family YMCA.

Deep water aerobics will be held at the Robert Strange Pool during the following times:

Monday/Wednesday/Friday 7:00 AM and 10:00 AM

Tuesday/Thursday 1:00 PM

Masters Swim

Master's Swim schedule at the Robert Strange Pool:

Tuesday/Thursday 6:45-7:40 AM with Perry Maxwell

Tuesday/Thursday 12:00-1:00 PM with Scott Vankuilenburg

Swim Lessons

ALL group and private swim lessons will be held at the Nir Family YMCA for the month of September.

There is some construction near the Robert Strange pool. Here is some helpful tips and a map when traveling to this location.

- When leaving the YMCA, take a **left on Market St.**
- Take a **left on 8th St.**
- **Left on Castle St.**
- **Left on 10th St.** and the **pool is on the left**
- There is no access to enter the pool at Ann St./10th St from Market St.

