

CLOVER SCHOOL DISTRICT COMMUNITY YMCA POOL SCHEDULE SEPTEMBER

4-LANE EXERCISE POOL SCHEDULE

MONDAY	LANES	TUESDAY	LANES	WEDNESDAY	LANES	THURSDAY	LANES	FRIDAY	LANES	SATURDAY	LANES
5:30AM-8:00AM Water Walking Lap Swim	1-2 3-4	5:30AM-8:00AM Water Walking Lap Swim	1-2 3-4	5:30AM-8:00AM Water Walking Lap Swim	1-2 3-4	5:30AM-8:00AM Water Walking Lap Swim	1-2 3-4	5:30AM-8:00AM Water Walking Lap Swim	1-2 3-4	8:00AM-9:00AM Water Walking & Family Swim Lap Swim	1-2 3-4
8:00AM-8:50AM Aqua Conditioning with Lindsay S. Water Walking & Family Swim	1-4 (3/4 of pool) 1-4 (1/4 of pool)	8:00AM-8:50AM Water Stretch & Strength with Jodie C. Water Walking & Family Swim	1-4 (3/4 of pool) 1-4 (1/4 of pool)	8:00AM-8:50AM Aqua Conditioning with Lindsay S. Water Walking & Family Swim	1-4 (3/4 of pool) 1-4 (1/4 of pool)	8:00AM-8:50AM Oodles of Noodles & More! with Bonnie S. Water Walking & Family Swim	1-4 (3/4 of pool) 1-4 (1/4 of pool)	8:00AM-8:50AM Aqua Conditioning with Lindsay S. Water Walking & Family Swim	1-4 (3/4 of pool) 1-4 (1/4 of pool)	9:00AM-9:45AM Aqua Zumba with Sarah C. Water Walking & Family Swim	1-4 (3/4 of pool) 1-4 (1/4 of pool)
9:30AM-10:30AM* Aquatic HIIT with Pat C. Water Walking & Family Swim	1-4 (3/4 of pool) 1-4 (1/4 of pool)	9:00AM-11:00AM* Water Walking & Family Swim Lap Swim	1-2 3-4	9:30AM-10:30AM* Aquatic HIIT with Pat C. Water Walking & Family Swim	1-4 (3/4 of pool) 1-4 (1/4 of pool)	9:00AM-11:00AM* YMCA Swim Lessons Water Walking & Family Swim	1-4 (3/4 of pool) 1-4 (1/4 of pool)	9:00AM-11:00AM* Water Walking Lap Swim	1-3 4	10:00AM-12:30PM YMCA Swim Lessons Water Walking & Family Swim	1-4 (3/4 of pool) 1-4 (1/4 of pool)
11:00AM-11:50PM Water Wellness with Pat C. Water Walking & Family Swim	1-4 (3/4 of pool) 1-4 (1/4 of pool)	11:15AM-12:00PM Oodles of Noodles & More! with Bonnie S. Water Walking & Family Swim	1-4 (3/4 of pool) 1-4 (1/4 of pool)	11:00AM-11:50PM Water Wellness with Pat C. Water Walking & Family Swim	1-4 (3/4 of pool) 1-4 (1/4 of pool)	11:15AM-12:00PM Water Walking & Family Swim Lap Swim	1-2 3-4	11:00AM-11:50PM Water Wellness with Pat C. Water Walking & Family Swim	1-4 (3/4 of pool) 1-4 (1/4 of pool)	12:30PM-2:00PM Water Walking & Family Swim Lap Swim	1-2 3-4
12:15PM-1:00PM* SilverSneakers Splash with Birgitt Z. Lap Swim	1-2 3-4	12:00PM-1:00PM* Water Walking & Family Swim Lap Swim	1-2 3-4	12:00PM-1:00PM* Water Walking & Family Swim Lap Swim	1-2 3-4	12:00PM-1:00PM* Water Walking & Family Swim Lap Swim	1-2 3-4	12:00PM-1:00PM* Water Walking & Family Swim Lap Swim	1-2 3-4	2:00PM-5:00PM Water Walking & Family Swim Lap Swim	1-4
1:00PM-4:30PM Water Walking & Family Swim Lap Swim	1-2 3-4	1:00PM-4:30PM Water Walking & Family Swim Lap Swim	1-2 3-4	1:00PM-4:30PM Water Walking & Family Swim Lap Swim	1-2 3-4	1:00PM-4:30PM Water Walking & Family Swim Lap Swim	1-2 3-4	1:00PM-4:30PM Water Walking & Family Swim Lap Swim	1-2 3-4	5:00PM-5:30PM Water Walking & Family Swim Lap Swim	1-2 3-4
4:30PM-7:00PM Water Walking & Family Swim YMCA Swim Team	1-2 3-4	4:30PM-7:00PM YMCA Swim Lessons Water Walking & Family Swim	1-4 (3/4 of pool) 1-4 (1/4 of pool)	4:30PM-7:00PM Water Walking & Family Swim YMCA Swim Team	1-2 3-4	4:30PM-7:00PM YMCA Swim Lessons Water Walking & Family Swim	1-4 (3/4 of pool) 1-4 (1/4 of pool)	4:30PM-7:00PM Water Walking & Family Swim YMCA Swim Team	1-2 3-4	SUNDAY	LANES
7:00-7:45 PM Aqua Zumba with Sarah C. Water Walking & Family Swim	1-4 (3/4 of pool) 1-4 (1/4 of pool)	7:00PM-9:00PM Water Walking & Family Swim Lap Swim	1-3 4	7:00-7:45 PM Aqua Zumba with Sarah C. Water Walking & Family Swim	1-4 (3/4 of pool) 1-4 (1/4 of pool)	7:00PM-9:00PM Water Walking & Family Swim Lap Swim	1-3 4			1:00PM-2:00PM Water Walking & Family Swim Lap Swim	1-2 3-4
8:00PM-9:00PM Water Walking & Family Swim Lap Swim	1-2 3-4			8:00PM-9:00PM Water Walking & Family Swim Lap Swim	1-2 3-4					2:00PM-5:00PM Water Walking & Family Swim	1-4
										5:00PM-5:30PM Water Walking & Family Swim Lap Swim	1-2 3-4

THE YMCA SWIM TEAM'S ADJUSTED HOLIDAY SCHEDULE IS POSTED ON THE POOL DECK
-OR- YOU MAY VISIT THEIR WEBSITE AT SWIMRAYS.COM

There will be weeks where both pools at the CSD Community YMCA will be closed from 9:15am - 11:00am and occasionally 12:15pm - 1:00pm for the CSD fourth grade Kicking with Confidence learn-to-swim program. Members and staff will be notified monthly of each closure. Thank you for your support in this great program!

September 11-14 – 9:30 11:00am AND 12:15 – 12:55PM
October 2-5 – 9:30 – 11:00am
October 23-26 – 9:30 – 11:00am
November 13-16 – 9:30 11:00am AND 12:15 – 12:55PM
November 27-30 – 9:30 11:00am AND 12:15 – 12:55PM, make up week
December 18-21 – 9:30 – 11:00am
January 22-25 – 9:30 – 11:00am
February 12-15 – 9:30 – 11:00am

The Rock Hill Aquatics Center YMCA's pools are open for members during the times listed below.
Rock Hill Aquatics Center
325 Rawlinson Road
Rock Hill, SC 29710

CSD Community YMCA does not guarantee anyone their own lane for lap swim. If you wish to swim laps, you might have to share a lane with other members. In this event circle swimming is required. CSD Community YMCA reserves the right to change the schedule to accommodate new programming, pool parties or any other event.

UPPER PALMETTO YMCA - Clover School District Community YMCA
5485 Charlotte Hwy, Lake Wylie, SC29710
(803) 831-9622
www.upymca.org

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6-LANE LAP POOL SCHEDULE

MONDAY	LANES	TUESDAY	LANES	WEDNESDAY	LANES	THURSDAY	LANES	FRIDAY	LANES	SATURDAY	LANES	SUNDAY	LANES
5:30AM-12:00PM Lap Swim	1-6	5:30AM-6:00AM Lap Swim	1-6	5:30AM-12:00PM Lap Swim	1-6	5:30AM-6:00AM Lap Swim	1-6	5:30AM-6:00AM Lap Swim	1-6	8:00AM-11:00AM** Lap Swim	1-6		
12:00PM-4:30PM Lap Swim	1-2	6:00AM-7:00AM Lap Swim	1-2	12:00PM-4:30PM Lap Swim	1-3	6:00AM-7:00AM Lap Swim	1-2	6:00AM-7:15AM Lap Swim	1-3	11:00AM-5:30PM Lap Swim	1		
4:30PM-7:15PM YMCA Swim Team	1-6	Non-Competitive Masters Swim (rain location)	4-6	4:30PM-7:15PM YMCA Swim Team	4-6	Non-Competitive Masters Swim (rain location)	4-6	CHS Swim Team	2-6				
7:15PM-9:00PM Lap Swim	1-6	7:00AM-4:30PM Lap Swim	1-6	7:15PM-9:00PM Lap Swim	1-6	7:00AM-4:30PM Lap Swim	1-6	12:00PM-4:30PM Lap Swim	1-2				
		4:30PM-7:15PM YMCA Swim Team	1-6			4:30PM-7:15PM YMCA Swim Team	1-6	4:30PM-7:15PM YMCA Swim Team	1-6				
		7:15PM-9:00PM Lap Swim	1-6			7:15PM-9:00PM Lap Swim	1-6	7:15PM-9:00PM Lap Swim	1-6				
												1:00PM-5:30PM Lap Swim	1-6

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