



**FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**

**Cary Family YMCA Pool Schedule  
Indoor Season  
January 2, 2011 – April 29, 2012**

Rev. 12.15.11

**Adult Fitness Programs**

Activity	Day	Time	Notes
<b>Lap Swim</b>	Mon - Fri	5:45am – 9:00pm	<p align="center"><b>•YMCA Adult Members•</b></p> <p align="center">YMCA Members 9<sup>th</sup> grade and older may lap swim until adult space is needed. YMCA Members 8<sup>th</sup> grade and younger may swim until adult space is needed AND must have a black band.</p>
	Saturday	8:00am – 6:00pm	
	Sunday	1:00pm – 6:00pm	
<b>Water Aerobics</b>	Mon – Sat	9:00am – 9:55am	<p align="center"><b>•YMCA Adult Members•</b></p> <p align="center">Available for YMCA Members. Schedules and descriptions are available on our website: <a href="http://www.YMCATriangle.org">www.YMCATriangle.org</a>.</p>
	Mon/Wed	7:00pm – 7:50pm	
<b>Water Jogging</b>	Mon/Wed/Fri* Tue/Thur* Sun**	9:00am – 2:30pm 11:00am – 1:00pm 1:15pm – 2:00pm	<p align="center"><b>•YMCA Adult Members•</b></p> <p align="center">An intermediate/advanced workout in deep water with a float belt. **Only the Sunday class is led by an instructor. *Weekday availability is for individual workouts.</p>
<b>Navy Seals</b>	Mon	10:00am – 10:30am	<p align="center"><b>•Navy Seals•</b></p> <p align="center">Navy Seal Physical Training Activities – every other Monday</p>
<b>Wake Med Physical Therapy</b>	Tue/Wed/Thur	12:15pm – 3:00pm	In partnership with the Cary Family YMCA, Wake Med provides Physical Therapy sessions to its patients.

**Youth Fitness Programs**

Activity	Day	Time	Notes
<b>Swim Lessons &amp; Mini/Junior Competitor</b>	Mon/Wed	4:15pm – 6:40pm	<p align="center"><b>•YMCA Members &amp; Program Participants•</b></p> <p align="center">Swim Lessons are available for YMCA Members and Program Participants. Registration and information can be found at the Welcome Center in the Main Building.</p> <p align="center">For those interested in the Mini/Junior Competitor program, a swim evaluation or recommendation is required prior to registration.</p>
		8:00pm – 8:50pm	
	Tue/Thur	9:30am – 10:45am 1:00pm – 1:35pm 4:15pm – 6:40pm	
<b>WCPSS Swim Team</b>	Mon - Fri	2:30pm – 4:00pm	<p align="center"><b>•Wake County Public School System•</b></p> <p align="center">Apex High School Swim Team (Oct. 31 – Feb. 10, 2012)</p>
		10:00am – 3:00pm	
<b>YOTA</b>	Mon/Wed/Fri	4:00pm – 9:00pm	<p align="center"><b>•YMCA Members•</b></p> <p align="center">YOTA is the YMCA's year-round swim team. The Cary Family YMCA is a satellite site for YOTA practices. Additional information is available on our website (<a href="http://www.YMCATriangle.org">www.YMCATriangle.org</a>) or by calling YOTA directly at (919)719-9630. Participants must be evaluated prior to registering.</p>
	Tuesday	4:00pm – 8:15pm	
	Thursday	4:00pm – 8:15pm	
	Saturday	8:00am – 9:30am	

**Family Swim/Recreational Programs**

Activity	Day	Time	Notes
<b>Family Swim Main Pool</b>	Mon/Wed	10:30am – 4:00pm	<p align="center"><b>•YMCA Members •</b></p> <p align="center">All children 8<sup>th</sup> grade and younger require parental supervision at all times. Middle School students must complete the Middle School Facility Orientation in the Main Building in order to use the pool without parental supervision.</p> <p align="center"><b>(Please see reverse for Pool Safety Guidelines &amp; Swim Test Policies)</b></p>
		6:45pm – 8:00pm	
	Tuesday	10:30am – 4:00pm	
	Thursday	10:30am – 4:00pm	
	Friday	10:30am – 8:45pm	
	Saturday	10:30am – 6:00pm	
	Sunday	1:00pm – 6:00pm	
<b>Toddler Pool*</b>	M/W/F	10:30am – 12:30pm	<p align="center"><b>• YMCA Members •</b></p> <p align="center">The toddler pool is for children 6 years of age and younger. Children not potty trained must wear plastic pants over their diapers. All children MUST be accompanied by a parent/guardian and be within arm's reach at ALL times.</p> <p align="center"><b>*Toddler pool hours are subject to change.</b></p>
		4:00pm – 8:00pm	
	Tue/Thur	10:30am – 12:30pm 4:00pm – 6:30pm	
	Saturday	10:30am – 6:00pm	
Sunday	1:00pm – 6:00pm		

**HOLIDAYS AND MODIFIED SCHEDULES**

New Year's Eve	Saturday, December 31 <sup>st</sup>	8:00am – 2:00pm
New Year's Day	Sunday, January 1 <sup>st</sup>	1:00pm – 6:00pm
Martin Luther King Day	Monday, January 17 <sup>th</sup>	5:45am – 9:00pm
Easter	Sunday, April 8 <sup>th</sup>	All facilities are closed

**LIMITED FAMILY AND LAP SWIM ON:**

Saturday, January 14 <sup>th</sup>	FAMILY & LAP SWIM WILL BE AVAILABLE UNTIL 3:00pm
Saturday, February 25 <sup>th</sup>	FAMILY & LAP SWIM WILL BE AVAILABLE UNTIL 3:00pm

Hours are adjusted these days in order for us to host the Annual Y-Guides and Princesses "Polar Bear Swim".

**YMCA Mission:** To put Christian Principles into practice through programs that build healthy spirit, mind, and body for all.