

# Cary Family YMCA Pool Schedule

## Outdoor Season

### June 13 – September 7, 2009

#### Adult Fitness Programs

Activity	Day	Time	Pool	Notes
Lap Swim	Mon – Fri	5:45am – 8:00pm	Main	<b>•YMCA Adult Members•</b> YMCA members 9 <sup>th</sup> grade and older may swim until adult space is needed. Youth 8 <sup>th</sup> grade and younger with a black band may lap swim until adult space is needed.
	Saturday	8:00am – 8:00pm	Main	
	Sunday	1:00pm – 6:00pm	Oasis	
Water Aerobics	Mon – Fri	9:00am – 9:55am	Oasis	<b>•YMCA Adult Members•</b> Water Aerobics descriptions and schedules are available at Welcome Center, Aquatics Welcome Center, and the Fitness Desk.  *Evening Water Aerobics classes require sign-up one day in advance. Call (919) 469-9622 x 113 to reserve a space.
	Mon/Wed	7:00pm – 7:50pm	Oasis	
	Tuesday	7:00pm – 7:50pm	Main	
	Thursday	5:30pm – 6:20pm	Main	
	Friday	4:30pm – 5:20pm	Main	
	Saturday	9:00am – 9:55am	Main	
	Sunday	1:15pm – 2:10pm	Oasis	
Wake Med Therapy	Mon/Wed	12:30pm – 2:30pm	Main	In partnership with the Cary Family YMCA, Wake Med provides Physical Therapy sessions to its patients.
	Tue/Thur	7:00am – 9:00am	Main	
ACT	Tue/Thur Saturday	6:30am – 8:00am 8:00am – 9:00am (6/20, 7/25 & 8/1 only)	Main Main	<b>•YMCA Members and Program Participants•</b> ACT (Anyone Can Tri) is a training program for beginner & intermediate athletes who are interested in trying a triathlon. Information is located at the Welcome Center in the Main Building.

#### Youth Fitness Programs

Activity	Day	Time	Pool	Notes
Swim Lessons Private Swim Lessons	M/W/F Tue/Thur Mon-Fri Saturday Sunday	7:30am – 11:35am 9:00am – 11:35am 5:35pm – 8:00pm 9:00am – 10:30am 2:30pm – 4:30pm	Main Main Oasis Main Oasis	<b>•YMCA Members and Program Participants•</b> Registration & information is located at the Welcome Center in the Main Building.  Private Swim Lessons are sold individually and require a Request Form. Private Swim Lesson Request Forms are available at the Welcome Center in the Main Building or the Aquatics Welcome Center in the Pool House.
Summer Swim Team	Mon-Thur Mon-Thur	7:30am – 9:00am 4:00pm – 5:30pm	Main/Oasis	<b>•YMCA Members and Program Participants•</b> New Members must be evaluated prior to registering.
YOTA	M/W/F M/W/Th/F M/W/Th/F	5:30pm – 6:30pm (B) 6:30pm – 8:00pm (P) 4:10pm – 5:25pm (W)	Main Oasis Oasis	<b>•YMCA Members and Program Participants•</b> YOTA is the YMCA's year-round swim team. The Cary Family YMCA is a satellite site for YOTA practices. Additional information is available at the Welcome Center or by calling (919)-832-9088. All participants must be evaluated prior to registering.

#### Family Swim/Recreational Programs

Activity	Day	Time	Pool	Notes
Family Swim	Mon – Fri	10:30am – 8:00pm	Main	<b>•YMCA Members•</b> In all pools there will be a 10 minute rest period at 10 minutes before the hour for all children. All children 5 <sup>th</sup> grade and younger require parental supervision at all times. (Please see reverse for Pool Safety Guidelines)
	Saturday	10:30am – 8:00pm	Main	
	Sunday	1:00pm – 6:00pm	Main	
Toddler Pool	Mon – Fri	10:30am – 8:00pm	Toddler	<b>•YMCA Members•</b> 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 & be within arm's reach at ALL times. **Toddler pool hours are subject to change.
	Saturday	10:30am – 8:00pm	Toddler	
	Sunday	1:00pm – 6:00pm	Toddler	
Waterslide	Mon – Fri	10:30am – 8:00pm	Slide	<b>•YMCA Members•</b> Use of the waterslide requires swimmers to have earned a yellow or black swim band or be at least 48 inches tall with a red swim band. Please see the Pool Desk for swim bands.
	Saturday	10:30am – 8:00pm	Slide	
	Sunday	1:00pm – 6:00pm	Slide	
Sprayground	Mon – Fri	10:30am – 8:00pm	Sprygrnd	The Sprayground is designed for young children. Parental supervision is REQUIRED at all times. **Waterslide & Sprayground hours are subject to change.
	Saturday	10:30am – 8:00pm	Sprygrnd	
	Sunday	1:00pm – 6:00pm	Sprygrnd	

#### Holidays and Modified Schedules:

Memorial Day	Monday, May 25 <sup>th</sup>	Pool Hours: 10:00am – 6:00pm
Independence Day	Saturday, July 4 <sup>th</sup>	Pool Hours: 10:00am – 6:00pm
Y-Splash! Swim Team Event	Sunday, July 26 <sup>th</sup>	Oasis Pool Closed
Labor Day	Monday, September 1 <sup>st</sup>	Pool Hours: 10:00am – 6:00pm

**\*\*All pool hours and program locations are subject to change**