



Jerry Long Family YMCA Pool Schedules September 2023

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Lap Pool	
Hours:	
Mon-Thurs.	5a - 8:45p
Friday	5a - 7:45p
Saturday	7am-4:45p
Sunday	12p-4:45p

**TYDE Swim Team
Schedule: Lap Pool**

- Mon-Thurs 3:15pm-6:15pm lanes 2-6
- Fri 3:15pm-6:15pm lanes 2-6
- Tues/Thurs/Fri 6:00am-7:00am lanes 3-6
- Group Swim Lessons: Program Pool**
- Mon/Wed & Tues/Thurs 4:30-7:30pm
- Saturday 9am-11:30
- Sunday 1:15-3:30pm

Program Pool	
Hours:	
Mon.-Thurs.	7a - 8:45p
Friday	7a - 7:45p
Saturday	7a - 4:45p
Sunday	12p-4:45p

Water Aerobics Schedule: September 2023				
Monday	Tuesday	Wednesday	Thursday	Friday
7:15am-Shallow-Judy	7:15am-Shallow-Anne	7:15am-Shallow-Judy	8:15am-Deep-April	7:15am-Shallow-Judy
8:15am-Deep-April	8:15am-Deep/Shallow combo-Anne	9:15am-Shallow-April	9:15am-Zumba-April	8:15am-HITT-April
10:15am-Shallow-Brigitte	10:15am-Recovery-Maria	10:15am-Shallow-Brigitte	10:15am-Recovery-Maria	10:15am-Shallow-Brigitte
7:15pm-Aqua HIIT-Natosha	11:00am-Recovery Plus-Maria		11:00am-Recovery Plus-Maria	

JERRY LONG FAMILY YMCA

1150 S Peace Haven Road, Clemmons NC 27012

P 336 712 2000 F 336 712 2005 www.jerrylongymca.org

Our Mission: "Helping all people reach their God-given potential in spirit, mind and body."