



THERAPY & WATER FITNESS POOL SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Swim 5a-8:50a	Sunrise Boot Camp Jane 5:30a-6:15a	Sunrise Water Fit Cindy 5:30a-6:15a	Sunrise Boot Camp Jane 5:30a-6:15a	Open Swim 5a-8:55a	Open Swim 7a-9a	Open Swim 1p-2p
Water Fitness Henri 9a-9:45a	Open Swim 6:15a-9a	Open Swim 6:15a-8:55a	Open Swim 6:15a-9a	Water Fitness Henri 9a-9:45a	Swim Lessons 9a-11:10a	Water Fitness Jane 2p-2:45p
Open Swim 9:45a-11a	Water Fitness Regina 9a-9:45a	Water Fitness Henri 9a-9:45a	Water Walking Regina 9a-9:45a	Open Swim 9:45-11a	Open Swim 11a-5:45p	Open Swim 2:45p-5:45p
Recovery Henri 11a-11:45a	Adult Swim Lessons 9:15a-9:55a	Open Swim 9:45a-11a	Adult Swim Lessons 9:15a-9:55a	Recovery Henri 11a-11:45a	<div style="border: 2px solid black; border-radius: 20px; padding: 10px;"> <p style="text-align: center;">Pool Closings:</p> <p style="text-align: center;">Follow Us on Facebook @ Middle Tyger Family YMCA</p> <p style="text-align: center;">Weather Closings:</p> <p style="text-align: center;">Check WYFF News Channel 4</p> <p style="text-align: center;">Be Part of our Family!!!</p> <p style="text-align: center;">*Register for Water Exercise Classes</p> <p style="text-align: center;">*Register for Swim Lessons online (spartanburgymca.org) or Contact the Front Desk</p> </div>	
Open Swim 11:45a-2p	Open Swim 9:45a-2p	Recovery Henri 11a-11:45a	Open Swim 9:45a-2p	Open Swim 11:45-2p		
After-School 1p-2p	After-School 1p-2p	Open Swim 11:45a-2p	After-School 1p-2p	Byrnes HS PE 2pm-3pm		
Byrnes HS PE 2pm-3pm	Byrnes HS PE 2pm-3pm	After-School 1p-2p	Byrnes HS PE 2pm-3pm	After-School 4p-5p		
YSL Practice 4:15p-6:30p	YSL Practice 4:15p-5:40p	Byrnes HS PE 2pm-3pm	YSL Practice 4:15p-5:40p	Open Swim 3pm-7:45pm		
Swim Lessons 5p-7:40p	Sunset Water Fitness 5:45p-6:30p	YSL Practice 4:15p-5p	Sunset Water Fitness 5:45p-6:30p			
Open Swim 7p-8:45p	Open Swim 7p-8:45p	Swim Lessons 5p-7:40p	Open Swim 7p-8:45p			
		Open Swim 7p-8:45p				

*Note in the event of thunder or lightning, the pool will be **closed for 30 minutes** from the last lightning strike or thunder heard. Please call the Y if you are unsure of closure.

*Water Exercise Classes have a limit of 15 people. Registration is open the day before class.

*During **Open Swim**, 1 person/1 family per lane. If all lanes are full, please wait for an open lane or you may swim in the lap pool.

YMCA is open on Labor Day, Christmas Eve, New Years Eve, New Years Day with modified hours BUT we will be CLOSED Thanksgiving and Christmas



LAP POOL SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Swim Team Practice 5a-7a	Swim Team Practice 5a-7a	Swim Team Practice 5a-7a	Swim Team Practice 5a-7a	Swim Team Practice 5a-7a	Swim Team Practice 7a-11a	
Triathlon Training Peter 6a-8a	Open Swim Limited Lanes 5a-9:15a	Open Swim Limited Lanes 5a-9:15a	Open Swim Limited Lanes 5a-9:15a	Open Swim Limited Lanes 5a-9:15a	Open Swim Limited Lanes 7a-1p	Open Swim ALL Lanes 1p-5:45p
Open Swim Limited Lanes 5a-9:15a	Deep Water Regina 10a-10:45a	Deep Water Henri 10a-10:45a	Deep Water Regina 10a-10:45a	Deep Water Henri 10a-10:45a	Open Swim ALL Lanes 1p-5:45p	
Deep Water Henri 10a-10:45a	Open Swim ALL Lanes 10:45-4p	Open Swim ALL Lanes 10:45-4p	Open Swim ALL Lanes 10:45-4p	Open Swim ALL Lanes 10:45-4p		<p>Pool Closings: Follow Us on Facebook @ Middle Tyger Family YMCA</p> <p>Weather Closings: Check WYFF News Channel 4</p> <p>Be Part of our Family!!! *You need to reserve your spot for Deep Water</p> <p>You can register for Triathlon Training for a monthly fee.</p>
Open Swim ALL Lanes 10:45-4p	Swim Team Practice 4:15p-8:30p	Swim Team Practice 4:15p-8:30p	Swim Team Practice 4:15p-8:30p	Swim Team Practice 4:15p-8:30p		
Swim Team Practice 4:15p-8:30p	Byrnes Swim Team 7:30p-8:45p	Byrnes Swim Team 7:30p-8:45p	Byrnes Swim Team 7:30p-8:45p	Open Swim Limited Lanes 4p-8:45p		
Byrnes Swim Team 7:30p-8:45p	Open Swim Limited Lanes 4p-8:45p	Open Swim Limited Lanes 4p-8:45p	Open Swim Limited Lanes 4p-8:45p			
Open Swim Limited Lanes 4p-8:45p						

*Note in the event of thunder or lightning, the pool will be **closed for 30 minutes** from the last lightning strike or thunder heard. Please call the Y if you are unsure of closure.

*During **Swim Team Practice** times, **limited lanes will be available**. If lanes are full, please wait for an open lane.

*During **Open Swim**, 1 person/1 family per lane.

YMCA is open on Labor Day, Christmas Eve, New Years Eve, New Years Day with modified hours BUT we will be CLOSED Thanksgiving and Christmas