

Foundation YMCA

233 Nash Street N Wilson, NC 27893 • 252.291.9622 • wilsonymca.org

May Aquatic Center Schedule

<p>Aquatic Center Hours of Operation</p> <p>Monday–Friday 5:30am–7:30pm Saturday 7:30am–3:30pm Sunday 11:30am–4:30pm</p>	<p>Child Watch Hours</p> <p>Monday–Thursday 9:00am–1pm 5:30pm–7:30pm Friday 9am–1pm Saturday 8:30am–11am Sunday CLOSED</p>	<p>Michalak Aquatic Center Announcements</p> <p>Please download the Y app to stay informed on any scheduling changes or maintenance updates; check with the front desk and they will be happy to assist you</p>
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Michalak Aquatic Center Schedule						
SUN	MON	TUE	WED	THUR	FRI	SAT
<p>□ Warm-Up Pool △ Competition Pool</p> <p>Please refer to the app or class schedule for updates on fitness classes!</p>	<p>1 5:30 Water Walking □ 5:30 Lap Swim (all lanes) Δ 7:30 Open Swim □ 7:30 6 Lap Lanes 2 Open Lanes Δ 11:00 Independent Aqua Aerobics □ 11:00 Lap Swim (all lanes) Δ 1:00 6 Lap Lanes 2 Open Lanes Δ 2:30 Open Swim □ 3:00 Swim Team Practice 2–5 Lap Lanes Δ 6:30 Calming Swim □</p>	<p>2 5:30 Water Walking □ 5:30 Lap Swim (all lanes) Δ 7:30 Open Swim □ 7:30 6 Lap Lanes 2 Open Lanes Δ □10:30 Aqua Aerobics Betsy (3 Lanes, 5 Open Lanes) Δ 11:00 Lap Swim (all lanes) Δ 1:00 6 Lap Lanes 2 Open Lanes Δ 2:30 Open Swim □ 3:00 Swim Team Practice 2–4 Lap Lanes Δ</p>	<p>3 5:30 Water Walking □ 5:30 Lap Swim (all lanes) Δ 7:30 Open Swim □ 7:30 6 Lap Lanes 2 Open Lanes Δ 11:00 Lap Swim (all lanes) Δ 1:00 6 Lap Lanes 2 Open Lanes Δ 2:30 Open Swim □ 3:00 Swim Team Practice 2–4 Lap Lanes Δ</p>	<p>4 5:30 Calming Swim □ 5:30 Lap Swim (all lanes) Δ 7:30 Open Swim □ 7:30 6 Lap Lanes 2 Open Lanes Δ 10:30 Aqua Aerobics Betsy (3 Lanes, 5 Open Lanes) Δ 10:00 Lap Swim (all lanes) Δ 11:30 Open Swim □ 1:00 6 Lap Lanes 2 Open Lanes Δ 3:00 Swim Team Practice 2–5 Lap Lanes Δ 2:30 Calming Swim 5:30 Open Swim □ 6:00 Aqua Aerobics Johna □</p>	<p>5 5:30 Water Walking □ 5:30 Lap Swim (all lanes) Δ 7:30 Open Swim □ 7:30 6 Lap Lanes 2 Open Lanes Δ 11:00 Independent Aqua Aerobics □ 11:00 Lap Swim (all lanes) Δ 1:00 6 Lap Lanes 2 Open Lanes Δ 1:30 Open Swim □ 3:00 Swim Team Practice 2–5 Lap Lanes Δ</p>	<p>6 7:30 Water Walking □ 7:30 Lap Swim (all lanes) Δ 9:00 Calming Swim □ 9:30 Swim Starters Lesson □ 10:30 Swim Starters Lesson 11:00 Aqua Zumba Marisol □ 11:30 6 Lap Lanes 2 RESERVED Lanes Δ 1:00 Open Swim</p>
	<p>7 11:30 Independent Aqua Aerobics □ 11:30 Lap Swim (all lanes) Δ 12:30 Open Swim □ 1:30 Lap Swim (6 lanes), Open Swim (2 Lanes) Δ</p>	<p>8 5:30 Water Walking □ 5:30 Lap Swim (all lanes) Δ 7:30 Open Swim □ 7:30 6 Lap Lanes 2 Open Lanes Δ 11:00 Independent Aqua Aerobics □ 11:00 Lap Swim (all lanes) Δ 1:00 6 Lap Lanes 2 Open Lanes Δ 2:30 Open Swim □ 3:00 Swim Team Practice 2–5 Lap Lanes Δ 6:30 Calming Swim □</p>	<p>9 5:30 Independent Aqua Aerobics □ 5:30 Lap Swim (all lanes) Δ 7:30 Open Swim □ 7:30 6 Lap Lanes 2 Open Lanes Δ 10:00 Lap Swim (all lanes) Δ 10:30 Aqua Aerobics Betsy (3 Lanes, 5 Open Lanes) Δ 11:30 Water Walking □ 1:00 6 Lap Lanes 2 Open Lanes Δ 3:00 Open Swim □ 3:00 Swim Team Practice 2–4 Lap Lanes Δ 4:30 YGIG Programming □ 5:00 School Age Lesson □ 6:30 Aqua Zumba Marisol</p>	<p>10 5:30 Water Walking □ 5:30 Lap Swim (all lanes) Δ 7:30 Open Swim □ 7:30 6 Lap Lanes 2 Open Lanes Δ □10:30 Aqua Aerobics Betsy (3 Lanes, 5 Open Lanes) Δ 11:00 Lap Swim (all lanes) Δ 1:00 6 Lap Lanes 2 Open Lanes Δ 2:30 Open Swim □ 3:00 Swim Team Practice 2–4 Lap Lanes Δ 3:30 Preschool Lesson □ 4:30 YGIG Programming □ 5:30 Open Swim □</p>	<p>11 5:30 Calming Swim □ 5:30 Lap Swim (all lanes) Δ 7:30 Open Swim □ 7:30 6 Lap Lanes 2 Open Lanes Δ 10:30 Aqua Aerobics Betsy (3 Lanes, 5 Open Lanes) Δ 11:30 Lap Swim (all lanes) Δ 11:30 Open Swim □ 1:00 6 Lap Lanes 2 Open Lanes Δ 3:00 Swim Team Practice 2–5 Lap Lanes Δ 6:00 Aqua Aerobics Johna □ 6:00 Open Swim Δ</p>	<p>12 5:30 Water Walking □ 5:30 Lap Swim (all lanes) Δ 7:30 Open Swim □ 7:30 6 Lap Lanes 2 Open Lanes Δ 11:00 Independent Aqua Aerobics □ 11:00 Lap Swim (all lanes) Δ 1:00 6 Lap Lanes 2 Open Lanes Δ 1:30 Open Swim □ 3:00 Swim Team Practice 2–5 Lap Lanes Δ 3:30 Preschool Lesson □ 5:00 School Age Lesson □ 6:00 Adult Lesson □</p>

<p>14 11:30 Independent Aqua Aerobics □ 11:30 Lap Swim (all lanes) Δ 12:30 Open Swim □ 1:30 Lap Swim (6 lanes), Open Swim (2 Lanes) Δ</p>	<p>15 5:30 Water Walking □ 5:30 Lap Swim (all lanes) Δ 7:30 Open Swim □ 7:30 6 Lap Lanes 2 Open Lanes Δ 11:00 Independent Aqua Aerobics □ 11:00 Lap Swim (all lanes) Δ 1:00 6 Lap Lanes 2 Open Lanes Δ 2:30 Open Swim □ 3:00 Swim Team Practice 2-5 Lap Lanes Δ 6:30 Calming Swim</p>	<p>16 5:30 Independent Aqua Aerobics □ 5:30 Lap Swim (all lanes) Δ 7:30 Open Swim □ 7:30 6 Lap Lanes 2 Open Lanes Δ 10:00 Lap Swim (all lanes) Δ 10:30 Aqua Aerobics Betsy (3 Lanes, 5 Open Lanes) Δ 11:30 Water Walking □ 1:00 6 Lap Lanes 2 Open Lanes Δ 3:00 Open Swim □ 3:00 Swim Team Practice 2-4 Lap Lanes Δ 4:30 YGIG Programming □ 5:00 School Age Lesson □ 6:30 Aqua Zumba Marisol</p>	<p>17 5:30 Water Walking □ 5:30 Lap Swim (all lanes) Δ 7:30 Open Swim □ 7:30 6 Lap Lanes 2 Open Lanes Δ □10:30 Aqua Aerobics Betsy (3 Lanes, 5 Open Lanes) Δ 11:00 Lap Swim (all lanes) Δ 1:00 6 Lap Lanes 2 Open Lanes Δ 2:30 Open Swim □ 3:00 Swim Team Practice 2-4 Lap Lanes Δ 3:30 Preschool Lesson □ 4:30 YGIG Programming □ 5:30 Open Swim □</p>	<p>18 5:30 Calming Swim □ 5:30 Lap Swim (all lanes) Δ 7:30 Open Swim □ 7:30 6 Lap Lanes 2 Open Lanes Δ 10:30 Aqua Aerobics Betsy (3 Lanes, 5 Open Lanes) Δ 10:00 Lap Swim (all lanes) Δ 11:30 Open Swim □ 1:00 6 Lap Lanes 2 Open Lanes Δ 3:00 Swim Team Practice 2-5 Lap Lanes Δ 2:30 Calming Swim 5:30 Open Swim □ 6:00 Aqua Aerobics Johna □</p>	<p>19 5:30 Water Walking □ 5:30 Lap Swim (all lanes) Δ 7:30 Open Swim □ 7:30 6 Lap Lanes 2 Open Lanes Δ 11:00 Independent Aqua Aerobics □ 11:00 Lap Swim (all lanes) Δ 1:00 6 Lap Lanes 2 Open Lanes Δ 1:30 Open Swim □ 3:00 Swim Team Practice 2-4 Lap Lanes Δ 3:30 Preschool Lesson □ 4:30 YGIG Programming □ 5:00 School Age Lesson □ 6:00 Adult Lesson □</p>	<p>20 7:30 Water Walking □ 7:30 Lap Swim (all lanes) Δ 9:00 Calming Swim □ 9:30 Swim Starters Lesson □ 10:30 Swim Starters Lesson 11:00 Aqua Zumba Marisol □ 1:00 Open Swim 12:00 6 Lap Lanes 2 Open Lanes Δ</p>
<p>21 11:30 Independent Aqua Aerobics □ 11:30 Lap Swim (all lanes) Δ 12:30 Open Swim □ 1:30 Lap Swim (6 lanes), Open Swim (2 Lanes) Δ</p>	<p>22 5:30 Water Walking □ 5:30 Lap Swim (all lanes) Δ 7:30 Open Swim □ 7:30 6 Lap Lanes 2 Open Lanes Δ 11:00 Independent Aqua Aerobics □ 11:00 Lap Swim (all lanes) Δ 1:00 6 Lap Lanes 2 Open Lanes Δ 2:30 Open Swim □ 3:00 Swim Team Practice 2-4 Lap Lanes Δ 6:30 Calming Swim</p>	<p>23 5:30 Independent Aqua Aerobics □ 5:30 Lap Swim (all lanes) Δ 7:30 Open Swim □ 7:30 6 Lap Lanes 2 Open Lanes Δ 10:00 Lap Swim (all lanes) Δ 10:30 Aqua Aerobics Betsy (3 Lanes, 5 Open Lanes) Δ 11:30 Water Walking □ 1:00 6 Lap Lanes 2 Open Lanes Δ 3:00 Open Swim □ 3:00 Swim Team Practice 2-4 Lap Lanes Δ 4:30 YGIG Programming □ 5:00 School Age Lesson □ 6:30 Aqua Zumba Marisol</p>	<p>24 5:30 Water Walking □ 5:30 Lap Swim (all lanes) Δ 7:30 Open Swim □ 7:30 6 Lap Lanes 2 Open Lanes Δ □10:30 Aqua Aerobics Betsy (3 Lanes, 5 Open Lanes) Δ 11:00 Lap Swim (all lanes) Δ 1:00 6 Lap Lanes 2 Open Lanes Δ 2:30 Open Swim □ 3:00 Swim Team Practice 2-4 Lap Lanes Δ 3:30 Preschool Lesson □ 4:30 YGIG Programming □ 5:30 Open Swim □</p>	<p>25 5:30 Calming Swim □ 5:30 Lap Swim (all lanes) Δ 7:30 Open Swim □ 7:30 6 Lap Lanes 2 Open Lanes Δ 10:30 Aqua Aerobics Betsy (3 Lanes, 5 Open Lanes) Δ 10:00 Lap Swim (all lanes) Δ 11:30 Open Swim □ 1:00 6 Lap Lanes 2 Open Lanes Δ 3:00 Swim Team Practice 2-4 Lap Lanes Δ 2:30 Calming Swim 5:30 Open Swim □ 6:00 Aqua Aerobics Johna □</p>	<p>26 5:30 Water Walking □ 5:30 Lap Swim (all lanes) Δ 7:30 Open Swim □ 7:30 6 Lap Lanes 2 Open Lanes Δ 11:00 Independent Aqua Aerobics □ 11:00 Lap Swim (all lanes) Δ 1:00 6 Lap Lanes 2 Open Lanes Δ 1:30 Open Swim □ 3:00 Swim Team Practice 2-4 Lap Lanes Δ 3:30 Preschool Lesson □ 4:30 YGIG Programming □ 5:00 School Age Lesson □ 6:00 Adult Lesson □</p>	<p>27 7:30 Water Walking □ 7:30 Lap Swim (all lanes) Δ 9:00 Calming Swim □ 9:30 Swim Starters Lesson □ 10:30 Swim Starters Lesson 11:00 Aqua Zumba Marisol □ 1:00 Open Swim 12:00 6 Lap Lanes 2 Open Lanes Δ</p>
<p>28 11:30 Independent Aqua Aerobics □ 11:30 Lap Swim (all lanes) Δ 12:30 Open Swim □ 1:30 Lap Swim (6 lanes), Open Swim (2 Lanes) Δ</p>	<p>29 CLOSED IN OBSERVANCE OF MEMORIAL DAY!</p>	<p>30 5:30 Independent Aqua Aerobics □ 5:30 Lap Swim (all lanes) Δ 7:30 Open Swim □ 7:30 6 Lap Lanes 2 Open Lanes Δ 10:00 Lap Swim (all lanes) Δ 10:30 Aqua Aerobics Betsy (3 Lanes, 5 Open Lanes) Δ 11:30 Water Walking □ 1:00 6 Lap Lanes 2 Open Lanes Δ 3:00 Open Swim □ 3:00 Swim Team Practice 2-4 Lap Lanes Δ 4:30 YGIG Programming □ 6:30 Aqua Zumba Marisol</p>	<p>31 5:30 Water Walking □ 5:30 Lap Swim (all lanes) Δ 7:30 Open Swim □ 7:30 6 Lap Lanes 2 Open Lanes Δ □10:30 Aqua Aerobics Betsy (3 Lanes, 5 Open Lanes) Δ 11:00 Lap Swim (all lanes) Δ 1:00 6 Lap Lanes 2 Open Lanes Δ 2:30 Open Swim □ 3:00 Swim Team Practice 2-4 Lap Lanes Δ 4:30 YGIG Programming □ 5:30 Open Swim □</p>			