







Yates Family YMCA Aquatics Schedule

		Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Programming	
500am			Open 5:30am	Open 5:30am	Open 5:30am	Open 5:30am	Open 5:30am	Open 7:30am Family Swim & Lap Swimming 7:30am-8:30am	Group Swim Lessons Mondays/Wednesdays PM Preschool 6:00pm-6:30pm Youth 6:30pm-7:15pm Adult 7:15pm-8:00pm Saturdays AM Parent&Child 8:30am-9:00am Preschool 9:15am-9:45am Youth 10:00am-10:45am Adult 10:45am-11:30am	
530am		4 lanes available for lap swimming	4 lanes available for lap swimming	4 lanes available for lap swimming	4 lanes available for lap swimming	4 lanes available for lap swimming	4 lanes available for lap swimming			
600am		5:30am-8:30am	5:30am-10:00am	5:30am-8:30am	5:30am-10:00am	5:30am-8:30am	5:30am-8:30am			
630am										
700am										
730am										
800am		Water Fitness								
830am		8:30am-9:30am								
900am		2 lanes for laps								
930am		Aqua Jog & Lap Swim								
1000am	9:30am-10:00am									
1030am	Water Fitness	Water Fitness	Water Fitness	Water Fitness	Water Fitness	Water Fitness	Group Swim Lessons			
1100am	10:00am-11:00am	10:00am-11:00am	10:00am-11:00am	10:00am-11:00am	10:00am-11:00am	10:00am-11:00am	Private Swim Lessons			
1130am	No lap lanes	No lap lanes	No lap lanes	No lap lanes	No lap lanes	No lap lanes	8:30am-11:30am	Tue/Thu 6pm-8pm Sat 11:30a-12:30p		
1200pm	Open 12pm	4 lanes	Aqua Jog & Lap Swim		Aqua Jog & Lap Swim	3 to 4 lanes	Private Swim Lessons			
1230pm	Family Swim	available for lap swimming	11:00am-11:30am		11:00am-11:30am	available for lap swimming	11:30a-12:30p			
100pm	2 lanes and Lap swimming 12pm-4:30pm	11:00am-2:00pm	4 lanes available	4 lanes available	4 lanes available	11:00am-5:00pm	Family Swim	 of Florida's First Coast		
130pm			11:30pm-3:00pm	11:00am-2:00pm	11:30pm-2:00pm	11:00am-5:00pm	2 lanes and Lap Swimming			
200pm					Pool Maintenance		2 lanes			
230pm			Physical Therapy	CEW	Physical Therapy	CEW	Lap Swimming		2 lanes	
300pm			2 lanes available	2 lane 3pm-4:30pm	2 lanes available	CEW	2 lanes 5:00p-5:30p		11:30am - 4:30pm	
330pm			for lap swimming	2 lanes available	for lap swimming	2 lane 3pm-4:30pm	Lap Swimming		Barracudas Swim Team	
400pm			2:00pm-4:30pm	3pm-4:30pm	2:00pm-4:30pm	2 lap lanes 3pm-4:30p	2 lanes 6:00p-7:00p		Tuesdays/Thursdays 4:30pm-6pm	
430pm			Water Fitness	Swim Team	Water Fitness	Swim Team	Water Fitness		3p-4:30p	
500pm		Close 4:30pm	2 lanes available	No lap swimming	2 lanes available	No lap swimming	2 lanes available		Closed at 4:30pm	Masters Swim Team on hold until further notice
530pm			5:00pm-6:00pm	4:30pm - 6:00pm	5:00pm-6:00pm	4:30pm - 6:00pm	5:00pm-6:00pm			
600pm	Group Swim lessons		Lap Swimming	Group Swim lessons	Lap Swimming	Family Swim				
630pm	2 lanes		1-3 lanes 6pm-7pm	2 lanes	1-3 lanes 6pm-7pm	2 lap lanes	Advanced Water Fitness			
700pm	available for lap swimming		Private Swim Lessons	available for lap swimming	Private Swim Lessons	5:30pm-7:00pm	Beginner Water Fitness			
730pm	6:00pm-8:00pm		 6:00pm	6:00pm-8:00pm	 6:00pm	Close 7pm	Intermediate Water Fitness			
800pm	6:00pm-8:00pm		8:00pm	6:00pm-8:00pm	8:00pm		Mon/Wed/Fri 8:30am-9:30am			
830pm	3-4 lanes lap swim		3-4 lanes lap swim	3-4 lanes lap swim	3-4 lanes lap swim	3-4 lanes lap swim	8:00pm-9:00pm	Mon-Fri 10:00am-11:00am		
900pm	8:00pm-9:00pm		8:00pm-9:00pm	8:00pm-9:00pm	8:00pm-9:00pm	8:00pm-9:00pm	8:00pm-9:00pm	Mon/Wed/Fri 5:00pm-6:00pm		
930pm	Close 9pm		Close 9pm	Close 9pm	Close 9pm	Close 9pm	Close 9pm			
		Daily Hours			Birthday Parties available at the Pool			Proud Partnerships		
		Sunday 12p-4:30p	Mon-Thu 5:30a-9pm	Saturday 7:30a-4:30p	Contact Corey for more details 			U.S. Navy Children Enrichment Workshop Wolfson's Children's Rehab Sulzbacher Center		
			Friday 5:30a-7pm							
Contact Corey Brill Aquatics Coordinator 904-355-1436 or Cbrill@firstcoastymca.org										

*Times and dates are subject to change

