



# aquatics

## FALL SCHEDULE Competition Pool



Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
5:15-7:00am	Sunkist 4/Lap 4	Masters 3/Lap 5	Sunkist 4/Lap 4	Masters 3/Lap 5	Sunkist 4/Lap 4	7:15-9:00am	Lap Swim 8
7:00-8:30am	Lap Swim 8	Lap Swim 8	Lap Swim 8	Lap Swim 8	Lap Swim 8	9:00-11:00am	Sunkist 7/Lap 1
8:30-9:15am	DWA 4/Lap 4	DWA 4/Lap 4	DWA 4/Lap 4	DWA 4/Lap 4	DWA 4/Lap 4	11:00-3:30pm	Lap Swim 8
9:15-10:00am			Tone 4/Lap 4				
9:30-12:00pm	Lap Swim 8	Lap Swim 8	Lap Swim 8	Lap Swim 8	Lap Swim 8	Sunday	
12:00-3:30pm	Lap Swim 8	Lap Swim 8	Lap Swim 8	Lap Swim 8	Lap Swim 8	1:15-4:30pm	Open Swim
3:30-5:30pm	Sunkist 8	Sunkist 8	Sunkist 8	Sunkist 8	Sunkist 8	All Children under the age of 13 MUST be accompanied by an adult.	
5:30-7:00pm	Sunkist 7/Lap 1	Sunkist 7/Lap 1	Sunkist 7/Lap 1	Sunkist 7/Lap 1	Sunkist 7/Lap 1		
7:00-7:30pm	Lap 6/Swim Lessons 2	Lap 6/Swim Lessons 2	Lap 6/Swim Lessons 2	Lap 6/Swim Lessons 2	Lap Swim 8		
7:30-8:30pm	Lap Swim 8	Lap Swim 8	Lap Swim 8	Lap Swim 8	Closed		

Flowood Family YMCA  
(601) 664-1955  
\*Schedule Subject to change



TO GET POOL ALERTS:  
TEXT  
"flowoodymcapools"  
TO: 84483



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FlowoodFamilyYMCA

**Schedule Effective 02/05/2019**  
**Pool Closed - Swim Meets: Sept**  
**14-16; Dec 14-16; Feb 1-3**

Visit us online: [www.metroymcams.org/flowood/](http://www.metroymcams.org/flowood/)

Learn more about Sunkist: [www.sunkistswimteam.com](http://www.sunkistswimteam.com)