



FORT MILL YMCA COMPLEX

SEPTEMBER 2024 POOL SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
OPEN SWIM	5:30 am – 8:00 am 1:00 pm – 4:00 pm 5:30 pm – 8:30 pm	5:30 am – 9:00 am 1:00 pm – 8:30 pm	5:30 am – 8:00 am 1:00 pm – 4:00 pm 5:30 pm – 8:30 pm	5:30 am – 9:00 am 1:00 pm – 4:00 pm 5:30 pm – 8:30 pm	5:30 am – 8:00 am 10:00 am – 5:30 pm	8:00 am – 4:30 pm	1:00 pm – 4:30 pm
PROGRAMS:							
DEEP WATER EXERCISE	8:15 am – 9:00 am 1 Lane Available		8:00 am – 8:45 am 1 Lane Available		8:00 am – 8:45 am 1 Lane Available		
AQUACISE		Aquacise 9:00 am – 10:00 am 1 Lane Available	Aquacise 9:00 am – 10:00 am 1 Lane Available	Aquacise 9:00 am – 10:00 am 1 Lane Available	Aqua Stretch & Tone 9:00 am – 10:00 am 1 Lane Available		
PRESCHOOL SWIM					10:00 am - 11:30 am Kiddie Pools Closed	BEGINS FRIDAY, SEPTEMBER 13TH	
2ND GRADE SWIM	10:00 am - 1:00 pm ALL POOLS CLOSED	10:00 am - 1:00 pm ALL POOLS CLOSED	10:00 am - 1:00 pm ALL POOLS CLOSED	10:00 am - 1:00 pm ALL POOLS CLOSED			
SWIM TEAM CONDITIONING	4:00 pm - 5:30 pm NO LANES AVAILABLE		4:00 pm - 5:30 pm NO LANES AVAILABLE	4:00 pm - 5:30 pm NO LANES AVAILABLE			
MINI RAYS PRACTICE		5:00 pm - 7:30 pm 2-3 Lanes Available		5:00 pm - 7:30 pm NO LANES AVAILABLE	5:00 pm - 7:30 pm 3 Lanes Available	BEGINS TUESDAY, SEPTEMBER 10TH	
GROUP LESSONS	6:30 pm - 8:00 pm 5 Lanes Available	6:30 pm - 8:00 pm 2-3 Lanes Available	6:30 pm - 8:00 pm 5 Lanes Available	6:30 pm - 8:00 pm 2-3 Lanes Available			

****This schedule is subject to change. Please call the Front Desk for the most up-to-date information at (803)-547-8439. Thank you for your patience.****

Please see the reverse side for the Fort Mill Aquatic Center (FMAC) schedule.

FORT MILL YMCA COMPLEX



SEPTEMBER 2024 FMAC SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
LAP SWIM	*5:30 am – 3:00 pm Limited Lanes Available	*5:30am – 3:00 pm Limited Lanes Available	*5:30 am – 3:00 pm Limited Lanes Available	*5:30 am – 3:00 pm Limited Lanes Available	*5:30 am – 3:00 pm Limited Lanes Available	*8:00 am - 4:00 pm Limited Lanes Available	*1:00pm-4:00pm Limited Lanes Available
HIGH SCHOOL SWIM	6:15 am - 7:30 am 10 lanes available	6:15 am - 7:30 am 10 lanes available	6:15 am - 7:30 am 10 lanes available				

*Swim teams will have priority of lanes during their scheduled swim practices. Please be kind and make sure you schedule your lap swim **before** swim team practice. **Swim teams will practice some mornings in which limited lanes will be available** (lanes **may or may not** be available depending on the number of swim team participants). If lanes are not available, please swim in the Complex Pool.*

****Saturday, September 7th - Upstate Invitational Swim Meet; FMAC Closed****

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