



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

YMCA of Greater Birmingham  
Hoover Branch  
2250 Highway 150

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5-8 am	Lap Swim (All Lanes)	Lap Swim (All Lanes)	Lap Swim (All Lanes)	Lap Swim (All Lanes)	Lap Swim (All Lanes)	7am-5:30pm  Lap Swim	Noon-6:30pm  Lap Swim
8-10.	Lap Swim (3) Open Swim (2) Swim Lessons (1)	Lap Swim (3) Open Swim (2) Swim Lessons (1)	Lap Swim (3) Open Swim (2) Swim Lessons (1)	Lap Swim (3) Open Swim (2) Swim Lessons (1)	Lap Swim (3) Open Swim (2) Swim Lessons (1)	7-9 all lanes 9-10 2 Lanes 10-close 2 lanes	*12-2 2 lanes *2-close 1 lane
10-11am	Lap Swim (3)  Open Swim/Swim Lessons (3)	H2O Aerobics (3)  Lap Swim (1)  Open Swim/Swim Lessons (2)		H2O Aerobics (3)  Lap Swim (1)  Open Swim/Swim Lessons (2)		H2O Aerobics 9-10am	
11am-3:50pm	Lap Swim (2) Open Swim (3) Swim lessons (1)	Lap Swim (2) Open Swim (3) Swim lessons (1)	Lap Swim (2) Open Swim (3) Swim lessons (1)	Lap Swim (2) Open Swim (3) Swim lessons (1)	Lap Swim (2) Open Swim (3) Swim lessons (1)	Swim Lessons (1-all day)  Open Swim 10-close	Open Swim 12-close
3:50pm-5:30pm	4 lanes Swim Team  2 Lane Open Swim Swim Lessons	4 lanes Swim Team  2 Lane Open Swim Swim Lessons	4 lanes Swim Team 4-515PM  2 Lane Open Swim Swim Lessons	4 lanes Swim Team  2 Lane Open Swim Swim Lessons	4 lanes Swim Team  2 Lane Open Swim Swim Lessons		
530-705pm	Open Swim 2 Swim Team 3LN Lap Swim (1)	Group Lessons 2LN Swim Team 3LN Lap Swim (1)	Open Swim 2 Swim Team 3LN Lap Swim (1)	Group Lessons 2LN Swim Team 3LN Lap Swim (1)	Open Swim 2 Swim Team 3LN Lap Swim (1)		
705pm-close	Lap Swim (2) Swim Team (2) Open Swim (2)	Lap Swim (2) Swim Team (2) Open Swim (2)	Lap Swim (3)  Open Swim (3)	Lap Swim (2) Swim Team (2) Open Swim (2)	Lap Swim (2) Swim Team (2) Open Swim (2)		

Schedule is subject to change

*weekend schedule will change*

Multiple activities are often scheduled in this pool at the same time.

**Attention Lap Swimmers:**

If there are 1 or 2 swimmers in a lane, they may elect to split the lane in half. The entrance of a third lap swimmer immediately changes the lane to "circle"

**Speed**

Please try to choose a lane with swimmers that most nearly match your speed.

If you need help obtaining a lane, please ask the lifeguard

**Our Mission:** To put Judeo-Christian principles into practice through programs that build healthy spirit, mind and body for all  
**Our Values:** Caring, Honesty, Respect, and Responsibility  
**Our Promise:** To strengthen the foundations of community  
**Our Impact:** As a cause driven organization, the Y impacts diverse individuals, families, and neighborhoods in a holistic approach that results in strong relationships to each other and to the community. This is supported by innovative and educational programs and through participation in community collaborations. Our mission, values and promise are the foundation of what we do and how we impact our commur

A UNITED WAY PARTNER