



FORT MILL YMCA COMPLEX

JANUARY 2024 FMAC SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
OPEN SWIM	5:30 am – 8:00 am 9:00 am – 10:00 am 1:00 pm – 4:00 pm 6:15 pm – 8:30 pm	5:30 am – 9:00 am 1:00 pm – 4:00 pm 6:15 pm – 8:30 pm	5:30 am – 8:00 am 1:00 pm – 4:00 pm 6:15 pm – 8:30 pm	5:30 am – 9:00 am 1:00 pm – 4:00 pm 6:15 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		
2ND GRADE SWIM	10:00 am – 1:00 pm No Lanes Available	10:00 am – 1:00 pm No Lanes Available	10:00 am – 1:00 pm No Lanes Available	10:00 am – 1:00 pm No Lanes Available	Starting January 15, 2024		
GROUP LESSONS	4:00 pm – 5:10 pm No Lanes Available	4:00 pm – 5:10 pm No Lanes Available	4:00 pm – 5:10 pm No Lanes Available	4:00 pm – 5:10 pm No Lanes Available	Starting January 15, 2024		
TIGER SHARKS/RAYS SWIM TEAM PRACTICE	4:00 pm – 6:15 pm No Lanes Available	4:00 pm – 6:15 pm No Lanes Available 6:15 pm – 7:30 pm 2 Lanes Available	4:00 pm – 6:15 pm No Lanes Available	4:00 pm – 6:15 pm No Lanes Available 6:15 pm – 7:30 pm 2 Lanes Available	5:00 pm - 5:30 pm 2 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 other side for the Fort Mill YMCA Complex Pool Schedule)



FORT MILL YMCA COMPLEX

JANUARY 2024 FMAC SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
LAP SWIM	*5:30 am – 3:00 pm	*5:30am – 3:00 pm	*5:30 am – 3:00 pm	*5:30 am – 3:00 pm	*5:30 am – 3:00 pm	*8:00am-4:00pm Limited Lanes Available	*1:00pm-4:00pm Limited Lanes Available

SCHEDULE SWIM MEETS

January 20, 2024 FMAC will closed at 12:00pm
February 3, 2024 FMAC will closed at 12:00pm

*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.**). If lanes are not available, please swim in the Complex Pool.*

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