



POOL SCHEDULE

AUGUST '09

YMCA Alexandria
420 East Monroe
703-838-8085



SUMMER CAMP IN SESSION - POOL SCHEDULE HAS CHANGED

SUN	MON	TUES	WED	THURS	FRI	SAT
August 2, 9, 16, 23, 30	August 3, 10, 17, 24, 31	August 4, 11, 18, 25	August 5, 12, 19, 26	August 6, 13, 20, 27	August 7, 14, 21, 28	August 1, 8, 15, 22, 29
Lap Swim* 10a-10:30a= 4 lanes 10:30-6:30p= 2 lanes* Rec Swim 10:30a-6:30p = 2 lanes* B'day Parties & Spec. Events may be sched- uled 1p-3p/3:30-5:30p	Lap Swim* 6a-8:25a & 8:30p-9:30p= 4 lanes 8:30a-9:30a= 1 lane 9:30a-10a/12:05p-2p/ 7p- 8:30p = 2 lanes* 4:30p-7p = 1 to 2 lanes Pool Closed 10a-12n & 2p-4:30p Rec Swim* 12:05p-2p & 4:30p- 8:30p=2 lanes Pool Closed 10a-12n & 2p-4:30p	Lap Swim* 6:30-9a/8:30p-9:30p= 4 lanes 9a-10 a/12:05-1:45p/7p- 8:30p = 2 Lanes* 3-5:30p=1 lane 5:30p-7p = 1 to 2 lanes Pool Closed 10a-12n & 1:45p-3:05p Rec Swim* 12:05-1:45p/5:30p- 6:15p/7:30p-8:30p=2 lanes 3-5:30p=1 lane Ends in Deep 6:15p/Below 4 ft 6:30-7:30p Pool Closed 10a-12n & 1:45p-3p	Lap Swim* 6-8:25a/ 8:30p-9:30p= 4 lanes 8:30a-9:30a= 1 lane 9:30a-10a/12:05- 2p/4:30p-5:30p/7-8:30p = 2 lanes* 5:30p-7p = 1 to 2 lanes Pool Closed 10a-12n & 2p-4:30p Rec Swim* 12:05p - 2 p/5:30- 8:30p=2 lanes Pool Closed 10a-12n & 2p-4:30p	Lap Swim* 6:30-9:20a/8:30p-9:30p= 4 lanes 9a-10 a/12:05-2p/4:30-5:30p = 2 Lanes* 5:30p-7p = 1 to 2 lanes Pool Closed 10a-12n & 2p-4:30p Rec Swim* 12:05p-2 p/4:30-6:15p/7:30p- 8:30p=2 lanes Ends in Deep @ 6:15p Below 4 ft 6:30-7:30p Pool Closed 10a-12n & 2p-4:30p	Lap Swim* 6a-8:25a & 8:30p-9:30p= 4 lanes 8:30a-9:30a= 1 lane 9:30a-10a/12:05p-2p/ 7p- 8:30p = 2 lanes* 4:30p-6:30p = 2 lanes 6:30p-9p = 0-1 lane Pool Closed 10a-12n & 2p-4:30p Rec Swim* 12:05p-2p & 4:30p- 6:30p=2 lanes 6:30-9p Family Fun Nite=3-4 lanes Pool Closed 10a-12n & 2p-4:30p	Lap Swim 7a-8a = 4 lanes 12:30p-7:30p= 2 lanes* Pool Closed 8 a- 12:30p Rec Swim 12:30-7:30p = 2 lanes* B'day Parties & Spec. Events may be scheduled 1-3p & 3:30- 5:30p Pool Closed 8 a-12:30p



**ANNUAL SHUT
DOWN**
Sept 3 5 PM-
Sept 8 12N

POOL CLOSED
Sunday 9A-10A
Mon, Wed, Thu, & Fri 10A-12:05; 2P-
4:30P
Tuesday 10 A-12:05P; 1:30P-3:05p
Saturday 8A-12:30P

Group Swim Lessons Fall I
Registration starts in August
Members: 8/29; Program Members 9/5
Classes begin Saturday September 12
REGISTER ON-LINE www.ymcadc.org

*Pool Schedule, pool space & closings subject to
change to accommodate special events &/ or
circumstances

ROOKIE LEAGUE
TU & THU 9-10AM WED 4:30-5:30PM SAT 8A-9A
Ends 8/15
Will resume 9/22 Dates & Times will be posted

EXCLUSIVE LAP SWIM — 4 LANES
Sun 10A-10:30A
Mon & Wed 6A-8:25A
Tues & Thurs 6:30A-9A
Fri 6:30A-8:25A
Mon through Thurs 8:30P-9:30P
Fri 9P-9:30P