



YMCA ALEXANDRIA SPRING I POOL SCHEDULE

Effective April 29th - June 23th

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Please shower before entering the pool.	5:30AM - 8:00AM 4 Lap	5:30AM-7:30AM 2 Lap 2 Class (18)	5:30AM - 8:00AM 4 Lap	5:30AM-7:30AM 2 Lap 2 Class (18)	5:30AM - 8:00AM 4 Lap	7:00AM-9:00AM 4 Lap	9:00AM-1:00PM 4 Class (25)
	8:00AM-10:00AM 1 Lap 3 Water Fitness (25)	7:30AM-9:00AM 3 Lap 1 Rec**	8:00AM-10:00AM 1 Lap 3 Water Fitness (25)	7:30AM-12:00PM 3 Lap 1 Rec**	8:00AM-10:00AM 1 Lap 3 Water Fitness (25)	9:00AM-1:00PM 4 Class (25)	1:00PM-6:30PM 2 Lap 2 Rec**
	10:00 AM- 12:00PM 2 Lap 2 Rec** (Deep) 2 Class (20)	9:00AM - 10:00AM 2 Lap 2 Rec** (Deep) 1 Class (20)	10:00Am-12:00PM 2 Lap 2 Rec** (Deep) 2 Class (20)	12:00PM-3:15PM 2 Lap 2 Rec**	10:00AM-4:30PM 2 Lap 2 Rec**	1:00PM-4:30PM 2 Lap 2 Rec**	
No photography or videos allowed.	12:00pM-3:45PM 2 Lap 2 Rec**	10:00AM-3:15PM 2 Lap 2 Rec**	10:00AM-4:30PM 2 Lap 2 Rec**	3:15 PM - 4:30 PM 2 Swim Team* (25) 1 Lap 1 Rec**	4:30PM-7:00PM 1 Lap 3 Swim Team (25)	4:30PM-7:30PM 2 Lap 2 Rec**	
	3:45 PM - 4:30 PM 2 Lap 2 Rec** (Deep) 2 Class (20)	3:15 PM - 4:30 PM 2 Swim Team* (25) 1 Lap 1 Rec**	3:45 PM - 4:30 PM 2 Lap 2 Rec** (Deep) 2 Class (20)	4:30PM-6:30PM 1 Lap 3 Swim Team (25)	7:00PM-9:30PM 2 Lap 2 Rec**		
Spectators must view from upstairs.	4:30PM-6:30PM 1 Lap 3 Swim Team (25)	4:30PM-6:30PM 1 Lap 3 Swim Team (25)	4:30PM-6:30PM 1 Lap 3 Swim Team (25)	6:30PM-7:30PM 2 Swim Team (15) 2 Water Fitness (10)			
	6:30PM-7:30PM 2 Swim Team (15) 2 Water Fitness (10)	6:30PM-7:30PM 2 Swim Team (15) 2 Water Fitness (10)	6:30PM-7:30PM 2 Swim Team (25) 1 Lap 1 Rec*	7:30PM-8:30PM 2 Swim Team (25) 1 Lap 1 Rec**			
Pool closes 30 minutes before the building.	7:30PM-8:30PM 2 Swim Team (25) 1 Lap 1 Rec**	7:30PM-8:30PM 2 Swim Team (25) 1 Lap 1 Rec**	7:30PM-8:30PM 2 Swim Team (25) 1 Lap 1 Rec**	8:30PM-9:30PM 3 Lap 1 Rec**			
	8:30PM-9:30PM 3 Lap 1 Rec**	8:30PM-9:30PM 3 Lap 1 Rec**	8:30PM-9:30PM 3 Lap 1 Rec**				
Schedule subject to change with events.							

Any Questions?
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Lane assignments subject to change based on special events, maintenance, and unexpected closures.

Lap = Lane open for swimmers to swim continuous laps. Sharing lanes and circle swimming is enforced.

Class = Lane designated to a swim lesson.

Water Fitness = Lane designated to a water fitness class.

Rec** = Lane open for swimmers not swimming continuous laps. Examples: Children and parents, water exercise. Private Lessons also held in this area.

Swim Team = Lane designated to Sea Dragons Swim Team practice.

Swim Team* = Alexandria Country Day School

() maximum number of the participants in the class

Pool Rules next pg