



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA ALEXANDRIA FALL I POOL SCHEDULE

Fall I : September 7 -October 27

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|---------------------------------|---------------------------------|---------------------------------|--------------------------|------------------|------------------|
| 5:30 AM - 6:30 AM | 5:30 AM-7:00 AM | 5:30 AM - 6:30 AM | 5:30 AM-7:00 AM | 5:30 AM - 6:30 AM | 7:00 AM-9:00 AM | 9:00 AM-1:00 PM |
| 4 Lap | 2 Lap 2 Class | 4 Lap | 2 Lap 2 Class | 4 Lap | 4 Lap | 4 Class |
| 6:30 AM-8:00 AM | 7:00 AM - 9:00 AM | 6:30 AM-8:00 AM | 7:00 AM - 12:00 PM | 6:30 AM-8:00 AM | 9:00 AM-1:00 PM | 1:00 PM-6:30 PM |
| 2 Lap 2 Swim Team | 4 Lap | 2 Lap 2 Swim Team | 4 Lap | 2 Lap 2 Swim Team | 4 Class | 2 Lap 2 Rec** |
| 8:00 AM- 10:00 AM | 9:00 AM-9:45 AM | 8:00 AM- 10:00 AM | 12:00 PM - 4:30 PM | 8:00 AM- 10:00 AM | 1:00 PM- 7:30 PM | |
| 1 Lap 3 Water Fitness | 2 Lap 2 Class | 1 Lap 3 Water Fitness | 2 Lap 2 Rec** | 1 Lap 3 Water Fitness | 2 Lap 2 Rec** | |
| 10:00 AM-4:30 PM | 10:00 AM - 4:30 PM | 10:00 AM-4:30 PM | 4:30 PM-6:30 PM | 10:00 AM-4:30 PM | | |
| 2 Lap 2 Rec** 1 Class | 2 Lap 2 Rec** | 2 Lap 2 Rec** 1 Class | 1 Lap 3 Swim Team | 2 Lap 2 Rec** | | |
| 4:30 PM -6:30 PM | 4:30 PM -6:30 PM | 4:30 PM -6:30 PM | 6:30 PM -7:30 PM | 4:30 PM -7:30 PM | | |
| 1 Lap 3 Swim Team | 1 Lap 3 Swim Team | 1 Lap 3 Swim Team | 2 Swim Team 2 Water Fitness | 1 Lap 3 Swim Team | | |
| 6:30 PM-7:30 PM | 6:30 PM -7:30 PM | 6:30 PM-7:30 PM | 7:30 PM - 8:30 PM | 7:30 PM -9:30 PM | | |
| 2 Swim Team 2 Class (shallow) 1 Rec** (deep) | 2 Swim Team 2 Water Fitness | 2 Swim Team 1 Lap 1 Rec** | 2 Swim Team 1 Lap 1 Rec** | 2 Lap 2 Rec** | | |
| 7:30 PM-8:30 PM | 7:30 PM - 8:30 PM | 7:30 PM-8:30 PM | 8:30 PM-9:30 PM | | | |
| 2 Swim Team 1 Lap 1 Rec** | 2 Swim Team 1 Lap 1 Rec** | 2 Swim Team 1 Lap 1 Rec** | 2 Lap 2 Rec** | | | |
| 8:30 PM-9:30 PM | 8:30 PM-9:30 PM | 8:30 PM-9:30 PM | | | | |
| 3 Lap 1 Rec** | 2 Lap 2 Rec | 3 Lap 1 Rec** | | | | |

Swimmers must shower before entering the pool.

No photography or videos allowed.

Spectators must view from upstairs.

Pool closes 30 minutes before the building.

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

Any Questions?
Email: Cece Shalevska
Aquatics Director
cveta.shalevska@ymcadc.org

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.