# YMCA Fairfax County Reston - Aquatics Schedule - Water Wolves Swim Season

## FALL II October 28, 2019 - December 31, 2019

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

### Monday

- zero entry lane: YMCA Preschool Swim
- Lane 6: Swim Team 5:15-7:00; Water Aerobics 7:00-7:45; Water Aerobics 8:30 - 9:15; Water Aerobics 9:15-10:00; Water Aerobics 12:00-12:45; Swim Team 5:00-6:00; Swim Team 6:00-7:15; Water Aerobics 7:15-8:00
- Lane 5: Water Aerobics 7:00-7:45; Water Aerobics 8:30 - 9:15; Water Aerobics 9:15-10:00; Water Aerobics 12:00-12:45; Swim Team 5:00-6:00; Swim Team 6:00-7:15; Water Aerobics 7:15-8:00
- Lane 4: Water Aerobics 8:30 - 9:15; Water Aerobics 9:15-10:00; Water Aerobics 12:00-12:45; Swim Team 5:00-6:00; Swim Team 6:00-7:15; Water Aerobics 7:15-8:00
- Lane 3: Water Aerobics 12:00-12:45; Swim Team 5:00-6:00; Swim Team 6:00-7:15; Water Aerobics 7:15-8:00; 8:15-9:45
- Lane 2: Stroke Clinic 6:30-7:30; 4:00-5:15; 5:15-7:00; 7:00-8:15
- Lane 1: 4:00-5:15; 5:15-7:00; 7:00-8:15

### Tuesday

- zero entry lane: Swim Lessons Preschool; Water Aerobics 12:00-12:45; Swim Team 5:00-6:00; Swim Team 6:00-7:15
- Lane 6: Water Aerobics 6:30-7:15; Water Aerobics 8:30 - 9:15; Swim Team 5:00-6:00; Swim Team 6:00-7:15
- Lane 5: Swim Team 5:15-7:45; 4:00-5:15; 5:15-7:00; 7:00-8:15
- Lane 4: 4:00-5:15; 5:15-7:00; 7:00-8:15
- Lane 3: 4:00-5:15; 5:15-7:00; 7:00-8:15
- Lane 2: 5:15-7:00; 7:00-8:15
- Lane 1: 5:15-7:00; 7:00-8:15

### Wednesday

- zero entry lane: YMCA Preschool Swim; Water Aerobics 12:00-12:45; Swim Team 5:00-6:00; Swim Team 6:00-7:15; Water Aerobics 7:15-8:00
- Lane 6: Water Aerobics 6:30-7:15; Water Aerobics 8:30 - 9:15; Water Aerobics 9:15-10:00; Swim Team 5:00-6:00; Swim Team 6:00-7:15; Water Aerobics 7:15-8:00
- Lane 5: Swim Team 5:15-7:45; 4:00-5:15; 5:15-7:00; 7:00-8:15
- Lane 4: 4:00-5:15; 5:15-7:00; 7:00-8:15
- Lane 3: 5:15-7:00; 7:00-8:15
- Lane 2: Stroke Clinic 6:30-7:30; 7:00-8:15
- Lane 1: 7:00-8:15

### Thursday

- zero entry lane: Swim Lessons Preschool; Water Aerobics 12:00-12:45; ELC Swimming 3:00-4:00; Swim Team 5:00-6:00; Swim Team 6:00-7:15; Water Aerobics 7:15-8:00
- Lane 6: Water Aerobics 6:30-7:15; Water Aerobics 8:30 - 9:15; Swim Team 5:00-6:00; Swim Team 6:00-7:15; Water Aerobics 7:15-8:00
- Lane 5: Swim Team 5:15-7:45; 4:00-5:15; 5:15- 7:00; 7:00-8:15; 8:15-9:45
- Lane 4: 4:00-5:15; 5:15- 7:00; 7:00-8:15
- Lane 3: 5:15- 7:00; 7:00-8:15
- Lane 2: 7:00-8:15
- Lane 1: 8:15-9:45

### Friday

- zero entry lane: Water Aerobics 12:00-12:45; Swim Team 5:00-6:00; Swim Team 6:00-7:00
- Lane 6: Water Aerobics 6:30-7:15; Water Aerobics 8:30 - 9:15; Water Aerobics 9:15-10:00; Swim Team 5:00-6:00; Swim Team 6:00-7:00
- Lane 5: Swim Team 5:15-7:45; Swim Team 5:00-6:00; Swim Team 6:00-7:15
- Lane 4: Swim Team 5:00-6:00; Swim Team 6:00-7:15
- Lane 3: Swim Team 5:00-6:00; Swim Team 6:00-7:15
- Lane 2: Swim Team 5:00-6:00; Swim Team 6:00-7:15
- Lane 1: Swim Team 5:00-6:00; Swim Team 6:00-7:15

School Age

### Saturday

Open at 7:00am

- zero entry lane: Water Aerobics 7:15-8:00; Adult Swim Lessons; YMCA SWIM LESSONS; YMCA Swim Lessons
- Lane 6: Adult Swim Lessons; YMCA Swim Lessons
- Lane 5: YMCA Swim Lessons
- Lane 4: YMCA Swim Lessons
- Lane 3: YMCA Swim Lessons
- Lane 2: YMCA Swim Lessons
- Lane 1: YMCA Swim Lessons

Pool closes at 8:45

### Sunday

Open at 8:00 am

- Lane 6: Aerobics 8:15-9:00; YMCA SWIM LESSONS; YMCA Swim Lessons; Swim Team 4:00-5:00; Swim Team 5:00-6:00; Swim Team 5:00-7:00; RCC Rental - Master 7:00-8:00
- Lane 5: YMCA SWIM LESSONS; YMCA Swim Lessons; Swim Team 4:00-5:00; Swim Team 5:00-6:00; Swim Team 5:00-7:00; RCC Rental - Master 7:00-8:00
- Lane 4: YMCA Swim Lessons; Swim Team 4:00-5:00; Swim Team 5:00-6:00; Swim Team 5:00-7:00; RCC Rental - Master 7:00-8:00
- Lane 3: Swim Team 4:00-5:00; Swim Team 5:00-6:00; Swim Team 5:00-7:00; RCC Rental - Master 7:00-8:00
- Lane 2: Swim Team 5:00-6:00; Swim Team 5:00-7:00; RCC Rental - Master 7:00-8:00
- Lane 1: Swim Team 5:00-7:00; RCC Rental - Master 7:00-8:00

Pool closes at 7:45

Lane assignments may change to suit current pool conditions.
LIMITED OPEN/FAMILY SWIM DURING SWIM TEAM and SWIM LESSONS
Pool Times - Mon - Fri: 5:00 am - 9:45 pm Sat: 7:00 am - 8:45 pm Sun: 8:00 am - 7:45 pm