



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA ALEXANDRIA FALL II POOL SCHEDULE

Fall II : October 27th - December 31st

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?
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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.