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

WINTER Session January 6th, 2020 - March 1st, 2020

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Monday

- Swim Team 5:15-7:00 (Water Wolves)
- Water Aerobics 7:00-7:45
- Stroke Clinic 6:30-7:30
- Water Aerobics 8:30 - 9:15
- Water Aerobics 9:15-10:00
- YMCA Preschool Swim
- Water Aerobics 12:00-12:45
- Swim Team 5:00-6:00 (Water Wolves)
- Swim Team 6:00-7:15 (Water Wolves)
- Water Aerobics 7:15-8:00
- 4:00-5:15 (Water Wolves)
- 5:15-7:00 (Water Wolves)
- 7:00-8:15 (Water Wolves)
- 8:15-9:45 (Water Wolves)

Tuesday

- Water Aerobics 6:30-7:15
- Swim Team 5:15-7:45 (Water Wolves)
- Water Aerobics 8:30 - 9:15
- Swim Lessons Preschool
- Water Aerobics 12:00-12:45
- Swim Team 5:00-6:00 (Water Wolves)
- Swim Team 6:00-7:15 (Water Wolves)
- 4:00-5:15 (Water Wolves)
- 5:15-7:00 (Water Wolves)
- 7:00-8:15 (Water Wolves)

Wednesday

- Water Aerobics 6:30-7:15
- Stroke Clinic 6:30-7:30
- Water Aerobics 8:30 - 9:15
- Water Aerobics 9:15-10:00
- YMCA Preschool Swim
- Water Aerobics 12:00-12:45
- Swim Team 5:00-6:00 (Water Wolves)
- Swim Team 6:00-7:15 (Water Wolves)
- Water Aerobics 7:15-8:00
- 4:00-5:15 (Water Wolves)
- 5:15-7:00 (Water Wolves)
- 7:00-8:15 (Water Wolves)

Thursday

- Water Aerobics 6:30-7:15
- Swim Team 5:15-7:45 (Water Wolves)
- Water Aerobics 8:30 - 9:15
- Swim Lessons Preschool
- Water Aerobics 12:00-12:45
- ELC Swimming 3:00-4:00
- Swim Team 5:00-6:00 (Water Wolves)
- Swim Team 6:00-7:15 (Water Wolves)
- Water Aerobics 7:15-8:00
- 4:00-5:15 (Water Wolves)
- 5:15- 7:00 (Water Wolves)
- 7:00-8:15 (Water Wolves)
- 8:15-9:45 (Water Wolves)

Friday

- Water Aerobics 6:30-7:15
- Swim Team 5:15-7:45 (Water Wolves)
- Water Aerobics 8:30 - 9:15
- Water Aerobics 9:15-10:00
- Water Aerobics 12:00-12:45
- School Age: Swim Team 5:00-6:00 (Water Wolves)
- School Age: Swim Team 6:00-7:00 (Water Wolves)
- Swim Team 5:00-6:00 (Water Wolves)
- Swim Team 6:00-7:15 (Water Wolves)

Saturday

Open at 7:00am

- Water Aerobics 7:15-8:00
- Adult Lessons 8:35-9:25
- YMCA SWIM LESSONS 9:35a-1:30p
- Adult Swim Lessons
- YMCA Swim Lessons

Pool closes at 8:45

Sunday

Open at 8:00 am

- Aerobics 8:15-9:00
- YMCA SWIM LESSONS 9:35a-1:30p
- YMCA Swim Lessons
- Swim Team 4:00-5:00 (Water Wolves)
- Swim Team 5:00-6:00 (Water Wolves)
- Swim Team 5:00-7:00 (Water Wolves)
- 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

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