



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA ALEXANDRIA WINTER POOL SCHEDULE

January 6 -March 1, 2020

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		
4 Lap	2 Lap 2 Class	4 Lap	2 Lap 2 Class	4 Lap		
6:30 AM-8:00 AM	7:00 AM - 9:00 AM	6:30 AM-8:00 AM	7:00 AM - 9:00 AM	6:30 AM-8:00 AM	7:00 AM-9:00 AM	
2 Lap 2 Swim Team	4 Lap	2 Lap 2 Swim Team	4 Lap	2 Lap 2 Swim Team	4 Lap	
8:00 AM- 10:00 AM	9:00 AM-9:45 AM	8:00 AM- 10:00 AM	9:00 AM-12:00 PM	8:00 AM- 10:00 AM	9:00 AM-1:00 PM	9:00 AM-1:00 PM
1 Lap 3 Water Fitness	2 Lap 2 Class	1 Lap 3 Water Fitness	3 Lap 1 Rec**	1 Lap 3 Water Fitness	4 Class	4 Class
10:00 AM-4:30 PM	10:00 AM - 4:30 PM	10:00 AM-4:30 PM	12:00 PM - 4:30 PM	10:00 AM-4:30 PM		
2 Lap 2 Rec** 1 Class	2 Lap 2 Rec**	2 Lap 2 Rec** 1 Class	2 Lap 2 Rec**	2 Lap 2 Rec**	1:00 PM- 7:30 PM	1:00 PM-6:30 PM
4:30 PM -6:30 PM	4:30 PM -6:30 PM	4:30 PM -6:30 PM	4:30 PM-6:30 PM	4:30 PM -7:30 PM	2 Lap 2 Rec**	2 Lap 2 Rec**
1 Lap 3 Swim Team	1 Lap 3 Swim Team	1 Lap 3 Swim Team	1 Lap 3 Swim Team			
6:30 PM-7:30 PM	6:30 PM -7:30 PM	6:30 PM-7:30 PM	6:30 PM -7:30 PM	1 Lap 3 Swim Team		
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 2 Water Fitness			
7:30 PM-8:30 PM	7:30 PM - 8:30 PM	7:30 PM-8:30 PM	7:30 PM - 8:30 PM	7:30 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 Swim Team 1 Lap 1 Rec**			
8:30 PM-9:30 PM	8:30 PM-9:30 PM	8:30 PM-9:30 PM	8:30 PM-9:30 PM	2 Lap 2 Rec**		
3 Lap 1 Rec**	2 Lap 2 Rec	3 Lap 1 Rec**	2 Lap 2 Rec**			

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

IMPORTANT INFORMATION

Swimmers must shower before entering the pool.
Pool closes 30 minutes before the building
No photography or videos allowed.
Spectators must view from upstairs.
Any Questions? Email: Cece Shalevska, Aquatics Director, cveta.shalevska@ymcadc.org

SCHEDULE KEY

Lap = Lane open for swim continuous laps. (Sharing lanes and circle swimming is en
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