



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

SPRING I March 02, 2020 - April 26, 2020

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Time	Monday						Tuesday						Wednesday						Thursday						Friday						Saturday						Sunday						Time																																																												
	Lane 6	Lane 5	Lane 4	Lane 3	Lane 2	Lane 1	Lane 6	Lane 5	Lane 4	Lane 3	Lane 2	Lane 1	Lane 6	Lane 5	Lane 4	Lane 3	Lane 2	Lane 1	Lane 6	Lane 5	Lane 4	Lane 3	Lane 2	Lane 1	Lane 6	Lane 5	Lane 4	Lane 3	Lane 2	Lane 1	Lane 6	Lane 5	Lane 4	Lane 3	Lane 2	Lane 1	Lane 6	Lane 5	Lane 4	Lane 3	Lane 2	Lane 1																																																													
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6:00 AM	Water Wolves Swim Team 5:15-7:00						Water Wolves Swim Team 5:15-7:45						Water Wolves Swim Team 5:15-7:45						Water Wolves Swim Team 5:15-7:45						Water Wolves Swim Team 5:15-7:45						Open at 7:00am						Open at 8:00 am						6:00 AM																																																												
6:30 AM	Water Aerobics 7:00-7:45						Water Aerobics 6:30-7:15						Water Aerobics 6:30-7:15						Water Aerobics 6:30-7:15						Water Aerobics 6:30-7:15						Water Aerobics 7:15-8:00												6:30 AM																																																												
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9:00 AM	Water Aerobics 9:15-10:00						Swim Lessons Preschool						Water Aerobics 9:15-10:00						Adult Swim Lesson 11:10-12:00						Water Aerobics 9:15-10:00						Adult Swim Lessons						Adult Swim Lessons												9:00 AM																																																						
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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