



YMCA Fairfax County Reston - Aquatics Schedule - Swim Season

2022- Spring/Summer Pool Schedule

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

	Monday						Tuesday						Wednesday						Thursday						Friday						Saturday						Sunday					
	Lane 6	5	4	3	2	1	Lane 6	5	4	3	2	1	Lane 6	5	4	3	2	1	Lane 6	5	4	3	2	1	Lane 6	5	4	3	2	1	Lane 6	5	4	3	2	1	Lane 6	5	4	3	2	1
4:00 AM	WATER WOLVES 4:30 to 6:00 						WATER WOLVES 4:30 to 6:00 						WATER WOLVES 4:30 to 6:00 						WATER WOLVES 4:30 to 6:00 						WATER WOLVES 4:30 to 6:00 																	
5:00 AM	Senior AM 						Senior AM 						Senior AM 						Senior AM 						Senior AM 																	
6:00 AM	Swim team 6:00-6:30 												Swim team 6:00-6:30 												Swim team 6:00-6:30 																	
6:30 AM							zero entry lane																																			
7:00 AM																																										
7:30 AM																																										
8:00 AM																																										
8:30 AM																			Water Aerobic 8:30am-9:30am 																							
9:00 AM																																										
9:30 AM	CAMP CHIEF OUBRAY 						CAMP CHIEF OUBRAY 						CAMP CHIEF OUBRAY 						CAMP CHIEF OUBRAY 						CAMP CHIEF OUBRAY 						CAMP CHIEF OUBRAY 											
10:00 AM	Junior Aquatics 9:30a-10:15a Senior Aquatics 10:15am-11am						Junior Aquatics 9:30a-10:15a Senior Aquatics 10:15am-11am						Junior Aquatics 9:30a-10:15a Senior Aquatics 10:15am-11am						Junior Aquatics 9:30a-10:15a Senior Aquatics 10:15am-11am						Junior Aquatics 9:30a-10:15a Senior Aquatics 10:15am-11am						YMC SWIM LESSONS 9am-12pm 						YMC SWIM LESSONS 9am-12pm 					
10:30 AM																									Member Water Safety 12 pm-12:30 pm						YMC SWIM LESSONS 9:30-12:30 						YMC SWIM LESSONS 9:30-12:30 					
11:00 AM	WATER AEROBIC 12:10pm-1:00pm 						1-Session 11am-11:45am 2-Session 11:45am-1pm						WATER AEROBIC 12:10pm-1:00pm 						Sports @ Camp 12pm-12:45pm 						WATER AEROBIC 12:10pm-1:00pm 																	
11:30 AM																																										
NOON																																										
12:30 PM																																										
1:00 PM	Junior Aquatics 1:00p-1:45p Senior Aquatics 1:45pm-2:30pm						Junior Aquatics 1:00p-1:45p Senior Aquatics 1:45pm-2:30pm						Junior Aquatics 1:00p-1:45p Senior Aquatics 1:45pm-2:30pm						Junior Aquatics 1:00p-1:45p Senior Aquatics 1:45pm-2:30pm						Junior Aquatics 1:00p-1:45p Senior Aquatics 1:45pm-2:30pm																	
1:30 PM																																										
2:00 PM																																										
2:30 PM	Free Swim 2:30p-3:30p						Free Swim 2:30p-3:30p						Free Swim 2:30p-3:30p						Free Swim 2:30p-3:30p						Free Swim 2:30p-3:30p																	
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5:30 PM							WATER WOLVES 5:30 to 7:15 SUMMER SWIMMING 												WATER WOLVES 5:30 to 7:15 SUMMER SWIMMING 																							
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Lane assignments may change to suit current pool conditions.
LIMITED OPEN/FAMILY SWIM DURING SWIM TEAM and SWIM LESSONS

Private lessons