



# YMCA ALEXANDRIA FALL I POOL SCHEDULE

Effective September 1 - October 31, 2022

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday															
	6AM - 8:00AM	6AM - 8:00AM	6AM - 8:00AM	6AM - 8:00AM	6AM - 8:00AM	7:30AM-9:00AM	7:30AM-9:00AM															
Please shower before entering the pool.	2 Lap 2 Team until 6:30 AM	4 Lap	4 Lap	4 Lap	4 Lap	4 Lap	4 Lap															
	8:00AM-9:00AM	8:00AM-9:00AM	8:00AM-9:00AM	8:00AM-9:00AM	8:00AM-9:00AM	9:00AM-1:00PM	9:00AM-1:00PM															
	2 Lap 2 Rec**	2 Lap 2 Water Fitness	2 Lap 2 Rec**	2 Lap 2 Water Fitness	2 Lap 2 Water Fitness	1 Lap 3 Lessons	1 Lap 3 Lessons															
	9:00 AM- 12:00PM	9:00 AM- 12:00PM	9:00 AM- 12:00PM	9:00 AM- 12:00PM	9:00 AM- 12:00PM	1:00PM- 7:30PM	1:00PM-6:30PM															
	3 Lap 1 Rec**	3 Lap 1 Rec**	3 Lap 1 Rec**	3 Lap 1 Rec**	3 Lap 1 Rec**	2 Lap 2 Rec**	2 Lap 2 Rec**															
	12:00PM-4:00PM	12:00PM-4:00PM	12:00PM-4:00PM	12:00PM-4:00PM	12:00PM-4:00PM																	
No photography or videos allowed.	2 Lap 2 Rec**	2 Lap 2 Rec**	2 Lap 2 Rec**	2 Lap 2 Rec**	2 Lap 2 Rec**																	
	4:00PM-6:00PM	4:00PM-6:00PM	4:00PM-6:00PM	4:00PM-6:00PM	4:00PM-6:00PM																	
	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** 2 Swim Team	2 Lap 2 Rec**																	
Spectators must view from upstairs.	6:00PM-7:00PM	6:00PM-7:00PM	6:00PM-7:00PM	6:00PM-7:00PM	6:00PM-7:00PM	Any Questions?  Email: Cece Shalevska Aquatics Director <a href="mailto:cveta.shalevska@ymcadc.org">cveta.shalevska@ymcadc.org</a>																
	2 Lap 2 Water Fitness 1 Rec (deep )	2 Lap 2 Water Fitness 1 Rec (shallow )	2 Lap 2 Rec**	2 Lap 2 Water Fitness 1 Rec (deep )	2 Lap 2 Rec**																	
Pool closes 30 minutes before the building.	7:00PM - 8:00PM	7:00PM - 8:00PM	7:00PM - 8:00PM	7:00PM - 8:00PM																		
	1 Lap 1 Rec** 2 Swim Team	1 Lap 1 Rec** 2 Lessons	1 Lap 1 Rec** 2 Swim Team	1 Lap 1 Rec** 2 Lessons																		
	8:00PM-9:30PM	8:00PM-9:30PM	8:00PM-9:30PM	8:00PM-9:30PM																		
	2 Lap 2 Rec**	2 Lap 2 Rec**	2 Lap 2 Rec**	2 Lap 2 Rec**																		
Schedule subject to change with events.	<table border="1"> <thead> <tr> <th colspan="3">Pool Hours</th> </tr> </thead> <tbody> <tr> <td>Mon - Thurs</td> <td>6:00 AM</td> <td>9:30 PM</td> </tr> <tr> <td>Friday</td> <td>6:00 AM</td> <td>8:30 PM</td> </tr> <tr> <td>Saturday</td> <td>7:30 AM</td> <td>5:30 PM</td> </tr> <tr> <td>Sunday</td> <td>7:30 AM</td> <td>5:30 PM</td> </tr> </tbody> </table>						Pool Hours			Mon - Thurs	6:00 AM	9:30 PM	Friday	6:00 AM	8:30 PM	Saturday	7:30 AM	5:30 PM	Sunday	7:30 AM	5:30 PM	
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Lane assignments subject to change based on special events, maintenance, and unexpected closures.

Pool Rules next pg

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.  
 ( ) maximum number of the participants in the class