



YMCA ALEXANDRIA FALL II POOL SCHEDULE

Effective October 1 - December 31, 2022

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	6:00AM - 8:00AM	6:00AM - 8:00AM	6:00AM - 8:00AM	6:00AM - 8:00AM	6:00AM - 8:00AM	7:30AM-9:00AM	7:30AM-9:00AM
Please shower before entering the pool.	4 Lap	4 Lap	4 Lap	4 Lap	4 Lap	4 Lap	4 Lap
	8:00AM-10:00AM	8:00AM-10:00AM	8:00AM-10:00AM	8:00AM-10:00AM	8:00AM-10:00AM	9:00AM-1:00PM	9:00AM-1:00PM
	2 Lap 2 Rec**	2 Lap 2 Shallow/Deep Water Aerobics	2 Lap 2 Rec**	2 Lap 2 Shallow/Deep Water Aerobics	2 Lap 2 Shallow/Deep Water Aerobics	1 Lap 3 Lessons	1 Lap 3 Lessons
	10:00 AM- 12:00PM	10:00 AM- 12:00PM	10:00 AM- 12:00PM	10:00 AM- 12:00PM	10:00 AM- 12:00PM	1:00PM- 5:30PM	1:00PM-5:30PM
	2 Lap 2 Rec**	2 Lap 2 Rec**	2 Lap 2 Rec**	2 Lap 2 Rec**	2 Lap 2 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-8:30 PM	Any Questions? Email: Cece Shalevska Aquatics Director cveta.shalevska@ymcadc.org	
	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**		
	7:00PM - 8:30PM	7:00PM - 8:30PM	7:00PM - 8:30PM	7:00PM - 8:30PM			
Pool closes 30 minutes before the building.	1 Lap 1 Rec** 2 Swim Team	1 Lap 1 Rec** 2 Lessons/Swim Team	1 Lap 1 Rec** 2 Swim Team	1 Lap 1 Rec** 2 Lessons/Swim Team			
	8:30PM-9:30PM	8:30PM-9:30PM	8:30PM-9:30PM	8:30PM-9:30PM			
	2 Lap 2 Rec**	2 Lap 2 Rec**	2 Lap 2 Rec**	2 Lap 2 Rec**			
Schedule subject to change with events.	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				

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