




# YMCA ALEXANDRIA SUMMER POOL SCHEDULE

Effective June 8th 2025

Schedule subject to change based on events, maintenace, and weather

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	5:30AM - 8:00AM	5:30AM - 8:00AM	5:30AM - 8:00AM	5:30AM - 8:00AM	5:30AM - 8:00AM	7:30AM-8:30AM	7:30AM-9:00AM
	4 Lap	4 Lap	4 Lap	4 Lap	4 Lap	4 Lap	4 Lap
Please shower before entering the pool	8:00AM-10:00AM	8:00AM-10:00AM	8:00AM-10:00AM	8:00AM-10:00AM	8:00AM-10:00AM	8:30AM-1:10PM	9:00AM-1:00PM
	2 Lap 2 Rec**  Fitness Shallow (8am-9:45)	2 Lap 2 Rec**  Fitness Shallow (8-9:45)	2 Lap 2 Rec**  Fitness Shallow (9-9:45)	2 Lap 2 Rec**  Fitness Shallow (9-9:45)	2 Lap 2 Rec**  Fitness Deep (9-9:45)	2 Lap 2 Lessons	2 Lap 2 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-4:00PM
	2 Lap 2 Summer Camp	2 Lap 2 Summer Camp	2 Lap 2 Summer Camp	2 Lap 2 Summer Camp	2 Lap 2 Summer Camp	2 Lap 2 Rec**(Deep 2-3)  Fitness Shallow (2-3)	2 Lap 2 Rec**
	12:00PM-1:00PM	12:00PM-1:00PM	12:00PM-12:45PM	12:00PM-1:00PM	12:00PM-1:00PM		
	2 Lap 2 Rec	2 Lap 2 Summer Camp(Shallow)	2 Lap 2 Rec	2 Lap 2 Rec	2 Lap 2 Rec		
	No photography or videos allowed.	1:00PM-4:00PM	1:00PM-4:00PM	12:45PM-4:00PM	1:00PM-4:00PM	1:00PM-4:00PM	Summer Camp Pool Hours may be slightly different on weeks with holidays (ie: Juneteenth and 4th of July)
2 Lap 2 Summer Camp		2 Lap 2 Summer Camp	2 Lap 2 Summer Camp	2 Lap 2 Summer Camp	2 Lap 2 Summer Camp		
4:00PM-6:00PM		4:00PM-6:00PM	4:00PM-6:00PM	4:00PM-6:00PM	4:00PM-6:00PM		
2 Lap 2 Rec**		2 Lap 2 Rec**	2 Lap 2 Rec**	2 Lap 2 Deep Rec** 2 Lessons Shallow (4:50pm-6pm)	2 Lap 2 Deep Rec** 2 Lessons Shallow (5pm)		
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		
	2 Lap 2 Rec Deep**  Fitness Shallow (6-6:45)	2 Lap 2 Deep Water Fitness  2 Rec Shallow**	2 Lap 2 Rec**	2 Lap  2 Fitness Shallow (6-6:45)	2 Lap  1 Rec**  1 Lessons (5:30-7pm)		
Schedule subject to change with events.	7:00PM - 8:00PM	7:00PM - 8:00PM	7:00PM - 8:00PM	7:00PM - 8:00PM	Thank you for visiting our pool!  If you have additional aquatics questions please contact our Aquatics Director:  Peter Lord ~ Peter.Lord@ymcadc.org		
	2 Lap 2 Rec**	2 Lap 2 Rec Deep** 2 Lessons Shallow	2 Lap 2 Rec Deep** 2 Lessons Shallow	2 Lap 2 Rec**			
	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**			
	Pool closes 30 minutes before the building.		Pool Hours				
Mon - Thurs			5:30 AM	9:30 PM			
Friday			5:30 AM	8:30 PM			
		Sat & Sun	7:30 AM	5:30 PM			

Lap = Lane open for swimmers to swim continuous laps. Sharing lanes and circle swimming is enforced.

Class = Lane designated to a swim lesson.

Swim Team = Lane designated to swim team

Rec\*\* = Lane priority goes to recreational swimmers. Examples: Children and parents, water exercise. Private Lessons also held in this area.

Fitness- Water Fitness class, details are located on the fitness schedule