



YMCA ALEXANDRIA Winter 2026 POOL SCHEDULE

January 5th- March 2nd

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-9:00AM	7:30AM-9:00AM
	4 Lap	4 Lap	4 Lap 1 Lesson (7-8)	4 Lap	4 Lap	4 Lap	4 Lap
Please shower before entering the pool	8:00AM-9:00AM	8:00AM-10:00AM	8:00AM-10:00AM	8:00AM-10:00AM	8:00AM-10:00AM	9:00AM-1:10PM	9:00AM-1:10PM
	1 Lap 3 Rec** Fitness Shallow (8am-8:45)	1 Lap (9-9:45) 3 Rec** Fitness Shallow (8-9:45)	2 Lap 2 Rec** Fitness Shallow (9-9:45)	1 Lap (9-9:45) 3 Rec** Fitness Shallow (9- 9:45)	2 Lap 2 Rec** Fitness Shallow (8-8:45) Fitness Deep (9- 9:45)	2 Lap 2 Lessons	2 Lap 2 Lessons
	9:00 AM- 10:00AM	10:00 AM- 12:00PM	10:00 AM- 12:00PM	10:00 AM- 12:00PM	10:00 AM- 12:00PM	1:10PM- 5:30PM	1:10PM-5:30PM
	1 Lap 3 Rec** Fitness Shallow (9am-9:45)	2 Lap 2 Rec**	2 Lap 2 Rec Deep**	2 Lap 2 Rec Deep** Shallow End Lessons 10:00am - 12:00pm	2 Lap 2 Rec**	1 Lap (2-3) 3 Rec** Fitness Shallow (2-3)	2 Lap 2 Rec**
No photography or videos allowed.	10:00AM-3:30PM	12:00PM-5:00PM	12:00PM-4:00PM	12:00PM-4:00PM	12:00PM-4:00PM		
	2 Lap 2 Rec**	2 Lap 2 Rec** (lessons 4-5pm)	2 Lap 2 Rec**	2 Lap 2 Rec**	2 Lap 2 Rec**		
	3:30PM-6:00PM	5:00PM-6:15PM	3:30PM-6:00PM	5:00PM-6:15PM	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 1 Rec** 1 Lessons	Intrested in becoming a Red Cross Lifeguard or certifying in CPR/First Aid? Email Gil today to learn about upcoming trainings! Emily.Gilmore@ymcadc.org	
Spectators must view from upstairs.	6:00PM-7:00PM	6:15PM-7:00PM	6:00PM-7:00PM	6:15PM-7:00PM	6:00PM-8:30 PM		
	2 Lap 2 Rec Deep** Fitness Shallow (6-6:45)	2 Lap 2 Fitness Deep (6:15-7:00) 2 Rec Shallow**	2 Lap 2 Rec**	2 Lap 2 Fitness Shallow (6:15-7:00)	2 Lap 1 Rec** 1 Lessons		
	7:00PM - 8:00PM	7:00PM - 8:00PM	7:00PM - 8:00PM	7:00PM - 8:00PM			
Schedule subject to change with events.	2 Lap 2 Rec**	2 Lap 2 Rec Deep** 2 Lessons Shallow	2 Lap 1 Rec 1 Lesson	2 Lap 1 Rec 1 Lesson	Thank you for visiting our pool! If you have additional aquatics questions please contact us Gil Gilmore ~ Emily.Gilmore@ymcadc.org		
	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