



YMCA Fairfax County Reston - Aquatics Schedule - Swim Season

2026 - SPRING Pool Schedule (04/01/2026 - 06/12/2026)

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																																																								
5:00 AM																																																								
6:00 AM																																																								
6:30 AM																																																								
7:00 AM																																																								
7:30 AM																																																								
8:00 AM																																																								
8:30 AM																																																								
9:00 AM																																																								
9:30 AM																																																								
10:00 AM																																																								
10:30 AM																																																								
11:00 AM																																																								
11:30 AM																																																								
NOON																																																								
12:30 PM																																																								
1:00 PM																																																								
1:30 PM																																																								
2:00 PM																																																								
2:30 PM																																																								
3:00 PM																																																								
3:30 PM																																																								
4:00 PM																																																								
4:30 PM																																																								
5:00 PM																																																								
5:30 PM																																																								
6:00 PM																																																								
6:30 PM																																																								
7:00 PM																																																								
7:30 PM																																																								
8:00 PM																																																								
8:30 PM																																																								
9:00 PM																																																								
9:30 PM																																																								

Lane assignments may change to suit current pool conditions
LIMITED OPEN/FAMILY SWIM DURING SWIM TEAM and SWIM LESSONS

YMCA PROGRAMING TAKES PRIORITY OVER OPEN SWIM / PLAY TIME

Private lessons