



YMCA Fairfax County Reston - Aquatics Schedule - Swim Season

2026 - SUMMER Pool Schedule (05/25/2026 - 06/21/2026)

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	WATER WOLVES																				WATER WOLVES																												
5:00 AM	4:30 to 6:00 Senior AM																				4:30 to 6:00 Senior AM																												
6:00 AM	SWIM TEAM																				SWIM TEAM																												
6:30 AM	6:00am-6:30am																				6:00am-6:30am																												
7:00 AM																																																	
7:30 AM																																																	
8:00 AM						Water Aerobic															Water Aerobic																												
8:30 AM						8:00am-8:45am															8:00am-8:45am																												
9:00 AM																															Adult lessons																		
9:30 AM																															8:40-9:20																		
10:00 AM																																																	
10:30 AM																																																	
11:00 AM																																																	
11:30 AM																																																	
NOON	WATER AEROBIC																				WATER AEROBIC																												
12:30 PM	12:10pm-1:00pm																				12:10pm-1:00pm																												
1:00 PM																																																	
1:30 PM	Zero entry lane																				zero entry lane																												
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Lane assignments may change to suit current pool conditions
 LIMITED OPEN/FAMILY SWIM DURING SWIM TEAM and SWIM LESSONS
YMCA PROGRAMMING TAKES PRIORITY OVER OPEN SWIM / PLAY TIME