



# YMCA Fairfax County Reston - Aquatics Schedule - Swim Season

## 2026-Summer Pool Schedule (6/22/2026-8/31/2026)

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 4:30 to 6:00																		WATER WOLVES 4:30 to 6:00																																																																							
5:00 AM	Senior AM 4																		MASTER SWIM 6:00 am-7:00am																																																																							
6:00 AM	Swim team 6:00-6:30																								Swim team 6:00-6:30																																																																	
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8:00 AM							Water Aerobic 8am-8:45am												Water Aerobic 8am-8:45am																																																																							
8:30 AM																																																																																										
9:00 AM							zero entry lane																																																																																			
9:30 AM	Junior Aquatics 9:30a-10:05a						Junior Aquatics 9:30a-10:05a						Junior Aquatics 9:30a-10:05a						Junior Aquatics 9:30a-10:05a						Junior Aquatics 9:30a-10:05a						Junior Aquatics 9:30a-10:05a						Junior Aquatics 9:30a-10:05a						Junior Aquatics 9:30a-10:05a						Junior Aquatics 9:30a-10:05a						Junior Aquatics 9:30a-10:05a																																			
10:00 AM	Senior Aquatics 10:05a-10:45a						Senior Aquatics 10:05a-10:45a						Senior Aquatics 10:05a-10:45a						Senior Aquatics 10:05a-10:45a						Senior Aquatics 10:05a-10:45a						Senior Aquatics 10:05a-10:45a						Senior Aquatics 10:05a-10:45a						Senior Aquatics 10:05a-10:45a						Senior Aquatics 10:05a-10:45a						Senior Aquatics 10:05a-10:45a						Senior Aquatics 10:05a-10:45a																													
10:30 AM	Junior Aquatics 10:45a-11:20a						Junior Aquatics 10:45a-11:20a						Junior Aquatics 10:45a-11:20a						Junior Aquatics 10:45a-11:20a						Junior Aquatics 10:45a-11:20a						Junior Aquatics 10:45a-11:20a						Junior Aquatics 10:45a-11:20a						Junior Aquatics 10:45a-11:20a						Junior Aquatics 10:45a-11:20a						Junior Aquatics 10:45a-11:20a						Junior Aquatics 10:45a-11:20a																													
11:00 AM	Senior Aquatics 11:20a-12a						Senior Aquatics 11:20a-12a						Senior Aquatics 11:20a-12a						Senior Aquatics 11:20a-12a						Senior Aquatics 11:20a-12a						Senior Aquatics 11:20a-12a						Senior Aquatics 11:20a-12a						Senior Aquatics 11:20a-12a						Senior Aquatics 11:20a-12a						Senior Aquatics 11:20a-12a						Senior Aquatics 11:20a-12a																													
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NOON	WATER AEROBIC 12:10pm-1:00pm						JR Traditional 12am-12:35am						WATER AEROBIC 12:10pm-1:00pm						WATER AEROBIC 12:10pm-1:00pm						WATER AEROBIC 12:10pm-1:00pm						WATER AEROBIC 12:10pm-1:00pm						WATER AEROBIC 12:10pm-1:00pm						WATER AEROBIC 12:10pm-1:00pm						WATER AEROBIC 12:10pm-1:00pm						WATER AEROBIC 12:10pm-1:00pm																																			
12:30 PM							SR Traditional 12:35p-1:10p																																																																																			
1:00 PM	CAMP CHIEF DURAY						CAMP CHIEF DURAY						CAMP CHIEF DURAY						CAMP CHIEF DURAY						CAMP CHIEF DURAY						CAMP CHIEF DURAY						CAMP CHIEF DURAY						CAMP CHIEF DURAY						CAMP CHIEF DURAY						CAMP CHIEF DURAY						CAMP CHIEF DURAY																													
1:30 PM	CAMP CHIEF DURAY						CAMP CHIEF DURAY						CAMP CHIEF DURAY						CAMP CHIEF DURAY						CAMP CHIEF DURAY						CAMP CHIEF DURAY						CAMP CHIEF DURAY						CAMP CHIEF DURAY						CAMP CHIEF DURAY						CAMP CHIEF DURAY						CAMP CHIEF DURAY						CAMP CHIEF DURAY																							
2:00 PM	Free Swim 1:30p-2:00p						Free Swim 1:30p-2:00p						Free Swim 1:30p-2:00p						Free Swim 1:30p-2:00p						Free Swim 1:30p-2:00p						Free Swim 1:30p-2:00p						Free Swim 1:30p-2:00p						Free Swim 1:30p-2:00p						Free Swim 1:30p-2:00p						Free Swim 1:30p-2:00p						Free Swim 1:30p-2:00p																													
2:30 PM	Zero entry lane						Zero entry lane						Zero entry lane						Zero entry lane						Zero entry lane						Zero entry lane						Zero entry lane						Zero entry lane						Zero entry lane						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 PROGRAMING TAKES PRIORITY OVER OPEN SWIM / PLAY TIME**

Private lessons