

YMCA ALEXANDRIA SUMMER POOL SCHEDULE

Effective June 15th through August 14th

	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												
Please shower before entering the pool.	4 Lap	4 Lap	4 Lap	4 Lap	4 Lap	4 Lap	4 Lap												
	8:00AM-9:45AM	8:00AM-10:00AM	8:00AM-10:00AM	8:00AM-10:00AM	8:00AM-10:00AM	9:00AM-1:15PM	9:00AM-1:15PM												
	2 Lap	2 Lap	2 Lap	2 Lap	2 Lap	2 Lap	2 Lap												
	3 Rec Fitness Shallow (9am-9:45am)	3 Rec Fitness Shallow (8am-9:45am)	2 Rec** Fitness Shallow (9-9:45)	3 Shallow Water Aerobics (9am-9:45am)	2 Shallow/Deep Water Aerobics (8am-9:45am)	2 Lessons	2 Lessons												
No videos or	9:45 AM- 3:30PM	10:00 AM- 3:30PM	10:00 AM- 3:30PM	10:00 AM- 3:30PM	10:00 AM- 3:30PM	1:15PM- 5:30PM	1:15PM-5:30PM												
	2 Lap	2 Lap	2 Lap	2 Lap	2 Lap	2 Lap	2 Lap												
	2 Camp	2 Camp	2 Camp	2 Camp	2 Camp	2 Rec**	2 Rec**												
	3:30PM-6:00PM	3:30PM-6:00PM	3:30PM-6:00PM	3:30PM-6:00PM	3:30PM-6:00PM	Fitnesss Shallow 2-3pm													
Spectators must view from upstairs.	1 Lap	2 Lap	1 Lap	2 Lap	2 Lap	No Swim Lessons:													
	2 Rec**	2 Rec**	2 Rec**	2 Rec**	2 Rec**	July 4th													
	6:00PM-7:00PM	6:00PM-7:00PM	6:00PM-7:00PM	6:00PM-7:00PM	6:00PM-8:30 PM	Please direct questions to : Chris Ferguson Aquatic Director christopher.ferguson@ymcadc.org													
	2 Lap	2 Lap	2 Lap	2 Lap	2 Lap														
Pool closes 30 minutes before the building.	2 Shallow Water Aerobics (6pm-6:45pm)	2 Deep Water Aerobics (6pm-6:45pm)	2 Rec**	2 Shallow Water Aerobics (6pm-6:45pm)	2 Rec**														
	7:00PM - 8:00PM	7:00PM - 8:00PM	7:00PM - 8:00PM	7:00PM - 8:00PM															
	2 Lap	2 Lap	2 Lap	1 Lap		Lane assignments subject to change based on special events, maintenance, and unexpected closures.													
	2 Rec**	2 Lessons	2 Lessons	2 Lessons															
Schedule subject to change with events.	8:00PM-9:30PM	8:00PM-9:30PM	8:00PM-9:30PM	8:00PM-9:30PM															
	2 Lap	2 Lap	2 Lap	2 Lap															
	2 Rec**	2 Rec**	2 Rec**	2 Rec**															
	<table><tr><th colspan="3">Pool Hours</th></tr><tr><th>Mon - Thurs</th><th>5:30 AM</th><th>9:30 PM</th></tr><tr><th>Friday</th><th>5:30 AM</th><th>8:30 PM</th></tr><tr><th>Saturday</th><th>7:30 AM</th><th>5:30 PM</th></tr></table>						Pool Hours			Mon - Thurs	5:30 AM	9:30 PM	Friday	5:30 AM	8:30 PM	Saturday	7:30 AM	5:30 PM	
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Mon - Thurs	5:30 AM	9:30 PM																	
Friday	5:30 AM	8:30 PM																	
Saturday	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.

Water Fitness = Lane designated to a water fitness class.

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