



YMCA ALEXANDRIA FALL POOL SCHEDULE

Effective September 1st- October 25th

Schedule subject to change based on events, maintenance, 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	7:00AM-9:00AM	7:00AM-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-10:00AM	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) (9am-9:45am)	2 Lap 2 Rec** Fitness Shallow (8-8:45) Fitness Shallow (9-9:45)**3 LANES	2 Lap 2 Rec** Fitness Shallow (9-9:45)	2 Lap 2 Rec** Fitness Shallow (8-8:45) Fitness Shallow (9-9:45)**3 LANES	2 Lap 2 Rec** Fitness Deep (9-9:45)	2 Lap 2 Lessons No Rec swimming during lessons	2 Lap 2 Lessons No Rec swimming during lessons
	10:00 AM- 12:00PM	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
	2 Lap 2 Rec**	2 Lap 2 Rec**	2 Lap 2 Rec** 2 Lessons Shallow (10am - 11:30am)	2 Lap 2 Rec**	2 Lap 2 Rec**	1 Lap 3 Rec**(Deep 2-3) Fitness Shallow (2-3)	2 Lap 2 Rec**
No photography or videos allowed.	12:00PM-3:00PM	12:00PM-3:00PM	12:00PM-3:30PM	12:00PM-3:30PM	12:00PM-3:00PM	NO Outside Shoes on the Pool Deck	
	2 Lap 2 Rec**	2 Lap 2 Rec**	2 Lap 2 Rec**	2 Lap 2 Rec**	2 Lap 2 Rec**		
	3:00PM-6:00PM	3:00PM-6:00PM	3:30PM-6:00PM	3:30PM-6:00PM	3:00PM-6:00PM		
	1 Lap 1 Rec** 2 Swim Team 3:30pm-6:00pm	2 Lap 2 Rec** Lessons 4-5pm 1 Swim Team 5pm-6pm	1 Lap 1 Rec** 2 Swim Team 3:30pm-6:00pm	1 Lap 1 Deep Rec** 2 Swim Team 4pm-6:00pm 1 Lessons Shallow (5pm-5:30pm)	2 Lap 2 Deep Rec** SACC 3:15-4:10 2 Lessons Shallow (4:15pm-5:30pm)		
Spectators must view from upstairs.	6:00PM-7:00PM	6:00PM-7:00PM	6:00PM-7:00PM	6:00PM-7:00PM	6:00PM-8:30 PM		
	2 Lap 2 Deep Rec** Fitness Shallow (6-6:45)	2 Lap 2 Deep Water Fitness 2 Shallow Rec **	2 Lap 1 Rec** 1 Swim Team 6:00pm-6:45pm	2 Lap 2 Deep Swim Team (6-6:30) 2 Fitness Shallow (6-6:45)	2 Lap 1 Rec** 1 Lessons (5:30-6:15pm)		
	7:00PM - 8:00PM	7:00PM - 8:00PM	7:00PM - 8:00PM	7:00PM - 8:00PM	Thank you for visiting our pool! If you have additional aquatics questions please contact Aquatics: Christopher Ferguson ~ Christopher.Ferguson@ymcadc.org		
Schedule subject to change with events.	2 Lap 2 Rec**	2 Lap 2 Rec Deep** 2 Lessons Shallow	2 Lap 1 Rec ** 1 Lessons lane	2 Lap 1 Rec** 1 Lessons lane			
	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	7:00 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

Fitness= Water Fitness class, details are located on the fitness schedule

Rec** = Lane priority goes to recreational swimmers.

Examples: Children and parents, water exercise. Private Lessons also held in this area.