YMCA ALEXANDRIA FALL II POOL SCHEDULE

Effective: October 26th- December 20th

Schedule subject to change based on events, maintenace, 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 durring lessons	2 Lap 2 Lessons No Rec swimming durring 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 - 11am)	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**		
	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-6:30pm	2 Lap 2 Rec** Lessons 4-5pm 1 Swim Team 5pm-6pm	1 Lap 1 Rec** 2 Swim Team 3:30pm-6:30pm	1 Lap 1 Deep Rec** 2 Swim Team 4pm-6:00pm 1 Lessons Shallow (5pm-5:30pm)	2 Lap 2 Deep Rec** 2 Lessons Shallow (4:15pm-5:30pm)	**NO Outside Shoes on the Pool Deck!!!**	
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)		
Schedule subject to change with events.	**7:00PM - 8:00PM**	**7:00PM - 8:00PM**	**7:00PM - 8:00PM**	**7:00PM - 8:00PM**			
	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	Thank you for visiting our pool! If you have additional aquatics questions please contact Aquatics: Christopher Ferguson ~ Christopher.Ferguson@ymcadc.org		
	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.