

# YMCA ALEXANDRIA WINTER POOL SCHEDULE

Effective January 1st- April 23rd

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	6AM - 8:00AM	6AM - 8:00AM	6AM - 8:00AM	6AM - 8:00AM	6AM - 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-10:00AM	8:00AM-10:00AM	8:00AM-10:00AM	8:00AM-10:00AM	8:00AM-10:00AM	9:00AM-1:00PM	9:00AM-1:00PM
	2 Lap 2 Shallow/Deep Water Aerobics (8am-8:45am)	2 Lap 2 Shallow/Deep Water Aerobics (9am-9:45am)	2 Lap 2 Rec**	2 Lap 2 Shallow/Deep Water Aerobics (8am-8:45am)	2 Lap 2 Shallow/Deep Water Aerobics (8am-9:45am)	1 Lap 3 Lessons	1 Lap 3 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	1:00PM- 5:30PM	1:00PM-5:30PM
	2 Lap 2 Rec Deep End**	2 Lap 2 Rec**	2 Lap 2 Rec**	2 Lap 2 Rec Deep End**	2 Lap 2 Rec**	2 Lap 2 Rec**	2 Lap 2 Rec**
No photography or videos allowed.	12:00PM-4:00PM	12:00PM-4:00PM	12:00PM-4:00PM	12:00PM-4:00PM	12:00PM-4:00PM		
	2 Lap 2 Rec**	2 Lap 2 Rec**	2 Lap 2 Rec**	2 Lap 2 Rec**	2 Lap 2 Rec**		
	4:00PM-6:00PM	4:00PM-6:00PM	4:00PM-6:00PM	4:00PM-6:00PM	4:00PM-6:00PM		
	1 Lap 1 Rec** 2 Lessons	2 Lap 2 Rec**	1 Lap 1 Rec** 2 Lessons	1 Lap 1 Rec** 2 Swim Team	2 Lap 2 Rec**		
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	Please direct questions to :  Peter Lord - Aquatic Director <a href="mailto:Peter.Lord@ymcadc.org">Peter.Lord@ymcadc.org</a>	
	2 Lap 2 Water Fitness 1 Rec (deep )	2 Lap 2 Water Fitness 1 Rec (shallow )	2 Lap 2 Rec**	2 Lap 2 Water Fitness 1 Rec (deep )	2 Lap 2 Rec**		
Pool closes 30 minutes before the building.	7:00PM - 8:00PM	7:00PM - 8:00PM	7:00PM - 8:00PM	7:00PM - 8:00PM			
	2 Lap 2 Rec**	1 Lap 1 Rec** 2 Lessons	1 Lap 1 Rec** 2 Lessons	1 Lap 1 Rec** 2 Lessons			
	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**			
Schedule subject to change with events.	<b>Pool Hours</b>						
	<b>Mon - Thurs</b>	<b>6:00 AM</b>		<b>9:30 PM</b>			
	<b>Friday</b>	<b>6:00 AM</b>		<b>8:30 PM</b>			
	<b>Saturday</b>	<b>7:30 AM</b>		<b>5:30 PM</b>			
	<b>Sunday</b>	<b>7:30 AM</b>		<b>5:30 PM</b>			

Lane assignments subject to change based on special events, maintenance, and unexpected closures.

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.