

YMCA ALEXANDRIA SUMMER POOL SCHEDULE

Effective June 19th through August 20th

	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-9:30AM	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 Lap	2 Lap	2 Lap	2 Lap	2 Lap	2 Lap								
	2 Shallow Water Aerobics (8am-8:45am)	2 Shallow Water Aerobics (9am-9:45am)	2 Rec**	2 Shallow Water Aerobics (8am-8:45am)	2 Shallow Water Aerobics (8am-9:45am)	2 Lessons	2 Lessons								
No photography or videos allowed.	9:30 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 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**								
	12:00PM-3:00PM	12:00PM-3:00PM	12:00PM-3:00PM	12:00PM-3:00PM	12:00PM-3:00PM	<div>No Camp Monday June 19th & Tuesday July 4th</div> <div>No Swim Lessons: July 1st-July 7th</div>									
	2 Lap	2 Lap	2 Lap	2 Lap	2 Lap										
	2 Camp	2 Camp	2 Camp	2 Camp	2 Camp										
	4:00PM-6:00PM	4:00PM-6:00PM	4:00PM-6:00PM	4:00PM-6:00PM	4:00PM-6:00PM	<div>Please direct questions to :</div> <div>Peter Lord</div> <div>Aquatic Director</div> <div>Peter.lord@ymcadc.org</div>									
	1 Lap	2 Lap	1 Lap	2 Lap	2 Lap										
1 Swim Team	2 Rec**	1 Swim Team	2 Rec**	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										
	2 Lap	2 Lap	2 Lap	2 Lap	2 Lap										
	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**										
Pool closes 30 minutes before the building.	7:00PM - 8:00PM	7:00PM - 8:00PM	7:00PM - 8:00PM	7:00PM - 8:00PM	<div>Lane assignments subject to change based on special events, maintenance, and unexpected closures.</div>										
	2 Lap	2 Lap	2 Lap	1 Lap											
	2 Rec**	2 Lessons/ Rec Deep End**	2 Lessons/ Rec Deep End**	1 Rec**											
	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	<div></div>										
	2 Lap	2 Lap	2 Lap	2 Lap											
	2 Rec**	2 Rec**	2 Rec**	2 Rec**											
	<div>Pool Hours</div> <table><tr><td>Mon - Thurs</td><td>6:00 AM</td><td>9:30 PM</td></tr><tr><td>Friday</td><td>6:00 AM</td><td>8:30 PM</td></tr><tr><td>Saturday</td><td>7:30 AM</td><td>5:30 PM</td></tr><tr><td>Sundav</td><td>7:30 AM</td><td>5:30 PM</td></tr></table>							Mon - Thurs	6:00 AM	9:30 PM	Friday	6:00 AM	8:30 PM	Saturday	7:30 AM
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Friday	6:00 AM	8:30 PM													
Saturday	7:30 AM	5:30 PM													
Sundav	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.