



YMCA Fairfax County Reston - Aquatics Schedule - Swim Season

2023- FALL Pool Schedule

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

| | Monday | | | | | Tuesday | | | | | Wednesday | | | | | Thursday | | | | | Friday | | | | | Saturday | | | | | Sunday | | | | | |
|----------|--------|---|---|---|---|---------|---|------|---|---|-----------|---|---|---|------|----------|---|---|---|---|--------|------|---|---|---|----------|---|---|------|---|--------|---|---|---|---|----------|
| | Lane | 6 | 5 | 4 | 3 | 2 | 1 | Lane | 6 | 5 | 4 | 3 | 2 | 1 | Lane | 6 | 5 | 4 | 3 | 2 | 1 | Lane | 6 | 5 | 4 | 3 | 2 | 1 | Lane | 6 | 5 | 4 | 3 | 2 | 1 | |
| 4:00 AM | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | 4:00 AM |
| 5:00 AM | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | 5:00 AM |
| 6:00 AM | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | 6:00 AM |
| 6:30 AM | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | 6:30 AM |
| 7:00 AM | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | 7:00 AM |
| 7:30 AM | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | 7:30 AM |
| 8:00 AM | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | 8:00 AM |
| 8:30 AM | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | 8:30 AM |
| 9:00 AM | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | 9:00 AM |
| 9:30 AM | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | 9:30 AM |
| 10:00 AM | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | 10:00 AM |
| 10:30 AM | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | 10:30 AM |
| 11:00 AM | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | 11:00 AM |
| 11:30 AM | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | 11:30 AM |
| NOON | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | NOON |
| 12:30 PM | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | 12:30 PM |
| 1:00 PM | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | 1:00 PM |
| 1:30 PM | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | 1:30 PM |
| 2:00 PM | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | 2:00 PM |
| 2:30 PM | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | 2:30 PM |
| 3:00 PM | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | 3:00 PM |
| 3:30 PM | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | 3:30 PM |
| 4:00 PM | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | 4:00 PM |
| 4:30 PM | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | 4:30 PM |
| 5:00 PM | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | 5:00 PM |
| 5:30 PM | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | 5:30 PM |
| 6:00 PM | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | 6:00 PM |
| 6:30 PM | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | 6:30 PM |
| 7:00 PM | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | 7:00 PM |
| 7:30 PM | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | 7:30 PM |
| 8:00 PM | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | 8:00 PM |
| 8:30 PM | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | 8:30 PM |
| 9:00 PM | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | 9:00 PM |
| 9:30 PM | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | 9:30 PM |

Lane assignments may change to suit current pool conditions
LIMITED OPEN/FAMILY SWIM DURING SWIM TEAM and SWIM LESSONS
YMCA PROGRAMING TAKES PRIORITY OVER OPEN SWIM / PLAY TIME

Private lessons