



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	Lane	6	5	4	3	2	1	Lane	6	5	4	3	2	1	
4:00 AM	WATER WOLVES																														4:00 AM																			
5:00 AM	4:30 to 6:00 Senior AM																														5:00 AM																			
6:00 AM	MASTER SWIM 6:00 am-7:00am																														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	Water Aerobic 8:30am-9:15am																														8:30 AM																			
9:00 AM	WATER AEROBIC 9:15-10:05																														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	WATER AEROBIC 12:10pm-1:00pm																														NOON																			
12:30 PM																															12:30 PM																			
1:00 PM	Zero entry lane																														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 to 6:30 Wolfpack 4 / Elite																														5:00 PM																			
5:30 PM																															5:30 PM																			
6:00 PM	6:00 to 7:30 Senior PM																														6:00 PM																			
6:30 PM	6:30 to 7:30 Senior Pack																														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