



# YMCA ALEXANDRIA SPRING POOL SCHEDULE

Effective March 12th (Spring Break Schedule is posted on the next page March 25th - March 31st)

**Schedule subject to change based on events, maintenance, and weather**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	<b>6AM - 8:00AM</b>	<b>6AM - 8:00AM</b>	<b>6AM - 8:00AM</b>	<b>6AM - 8:00AM</b>	<b>6AM - 8:00AM</b>	<b>7:30AM-9:00AM</b>	<b>7:30AM-9:00AM</b>
	4 Lap	4 Lap	4 Lap	4 Lap	4 Lap	4 Lap	4 Lap
<b>Please shower before entering the pool</b>	<b>8:00AM-10:00AM</b>	<b>8:00AM-10:00AM</b>	<b>8:00AM-10:00AM</b>	<b>8:00AM-10:00AM</b>	<b>8:00AM-10:00AM</b>	<b>9:00AM-1:10PM</b>	<b>9:00AM-1:00PM</b>
	2 Lap 2 Rec** Fitness Shallow (8am-8:45)	2 Lap 2 Rec** Fitness Shallow (8-9:45)	2 Lap 2 Rec** Fitness Shallow (9-9:45)	2 Lap 2 Rec** Fitness Shallow (9-9:45)	2 Lap 2 Rec** Fitness Deep (9-9:45)	2 Lap 2 Lessons	2 Lap 2 Lessons
	<b>10:00 AM- 12:00PM</b>	<b>10:00 AM- 12:00PM</b>	<b>10:00 AM- 12:00PM</b>	<b>10:00 AM- 12:00PM</b>	<b>10:00 AM- 12:00PM</b>	<b>1:00PM- 5:30PM</b>	<b>1:00PM-5:30PM</b>
	2 Lap 2 Rec**	2 Lap 2 Rec**	2 Lap 2 Rec Deep** Shallow End Lessons 10:00am - 11:30am	2 Lap 2 Rec Deep**	2 Lap 2 Rec**	2 Lap 2 Rec** Fitness Shallow (2-3) Shallow End Class 3:30-4:15pm	2 Lap 2 Rec**
<b>No photography or videos allowed.</b>	<b>12:00PM-4:00PM</b>	<b>12:00PM-4:00PM</b>	<b>12:00PM-4:00PM</b>	<b>12:00PM-4:00PM</b>	<b>12:00PM-4:00PM</b>		
	2 Lap 2 Rec**	2 Lap 2 Rec**	2 Lap 2 Rec**	2 Lap 2 Rec**	2 Lap 2 Rec**		
	<b>4:00PM-6:00PM</b>	<b>4:00PM-6:00PM</b>	<b>4:00PM-6:00PM</b>	<b>4:00PM-6:00PM</b>	<b>4:00PM-6:00PM</b>		
	1 Lap 1 Rec** 2 Swim Team	1 Lap 1 Rec** 2 Swim Team	1 Lap 1 Rec** 2 Swim team	1 Lap 1 Rec** 2 Swim Team	2 Lap 1 Rec** 1 Lessons		
Spectators must view from upstairs.	<b>6:00PM-7:00PM</b>	<b>6:00PM-7:00PM</b>	<b>6:00PM-7:00PM</b>	<b>6:00PM-7:00PM</b>	<b>6:00PM-8:30 PM</b>		
	2 Lap 1 Rec Deep** Fitness Shallow (6-6:45)	2 Lap 2 Water Fitness 1 Rec Shallow**	2 Lap 2 Rec**	2 Lap 2 Rec**	2 Lap 1 Rec** 1 Lessons		
Schedule subject to change with events.	<b>7:00PM - 8:00PM</b>	<b>7:00PM - 8:00PM</b>	<b>7:00PM - 8:00PM</b>	<b>7:00PM - 8:00PM</b>	Thank you for visiting our pool!  If you have additional aquatics questions please contact our Aquatics Director:  Peter Lord ~ Peter.Lord@ymcadc.org		
	2 Lap 2 Rec**	2 Lap 2 Rec Deep** 2 Lessons Shallow	2 Lap 2 Rec Deep** 2 Lessons Shallow	2 Lap 2 Rec**			
	<b>8:00PM-9:30PM</b>	<b>8:00PM-9:30PM</b>	<b>8:00PM-9:30PM</b>	<b>8:00PM-9:30PM</b>			
	2 Lap 2 Rec**	2 Lap 2 Rec**	2 Lap 2 Rec**	2 Lap 2 Rec**			
<b>Pool closes 30 minutes before the building.</b>	<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>Sat &amp; Sun</b>	<b>7:30 AM</b>	<b>5:30 PM</b>				

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

Rec\*\* = Lane priority goes to recreational swimmers. Examples: Children and parents, water exercise. Private Lessons also held in this area.

Fitness- Water Fitness class, details are located on the fitness schedule



# YMCA ALEXANDRIA SPRING BREAK POOL SCHEDULE

Effective March 25th - March 31st

Schedule subject to change based on events, maintenance, and weather

	Monday 6AM - 8:00AM	Tuesday 6AM - 8:00AM	Wednesday 6AM - 8:00AM	Thursday 6AM - 8:00AM	Friday 6AM - 8:00AM	Saturday 7:30AM-9:00AM	Sunday
	4 Lap	4 Lap	4 Lap	4 Lap	4 Lap	4 Lap	Pool will be closed for routine maintenance.
Please shower before entering the pool	<b>8:00AM-10:00AM</b> 2 Lap 2 Rec** Fitness Shallow (8am-8:45)	<b>8:00AM-10:00AM</b> 2 Lap 2 Rec** Fitness Shallow (8-9:45)	<b>8:00AM-10:00AM</b> 2 Lap 2 Rec** Fitness Shallow (9-9:45)	<b>8:00AM-10:00AM</b> 2 Lap 2 Rec** Fitness Shallow (9-9:45)	<b>8:00AM-10:00AM</b> 2 Lap 2 Rec** Fitness Deep (9-9:45)	<b>9:00AM-1:10PM</b> 2 Lap 2 Rec**	
	<b>10:00 AM- 12:00PM</b>	<b>10:00 AM- 12:00PM</b>	<b>10:00 AM- 1:00PM</b>	<b>10:00 AM- 12:00PM</b>	<b>10:00 AM- 12:00PM</b>	<b>1:00PM- 5:30PM</b>	
	2 Lap 2 Rec** Spring Break Camp /No Rec 10:30am - 11:30am	2 Lap 2 Rec** Spring Break Camp /No Rec 10:30am - 11:30am	2 Lap 2 Rec Deep** Spring Break Camp /No Rec 11:30am - 12:30pm	2 Lap 2 Rec Deep** Spring Break Camp /No Rec 10:30am - 11:30am	2 Lap 2 Rec** Spring Break Camp /No Rec 10:30am - 11:30am	2 Lap 2 Rec** Fitness Shallow (2-3)	
No photography or videos allowed.	<b>12:00PM-4:00PM</b> 2 Lap 2 Rec** Spring Break Camp /No Rec 1:00pm - 2:00pm	<b>12:00PM-4:00PM</b> 2 Lap 2 Rec** Spring Break Camp /No Rec 1:00pm - 2:00pm	<b>12:00PM-4:00PM</b> 2 Lap 2 Rec** Spring Break Camp /No Rec 2:00pm - 3:00pm	<b>12:00PM-4:00PM</b> 2 Lap 2 Rec** Spring Break Camp /No Rec 1:00pm - 2:00pm	<b>12:00PM-4:00PM</b> 2 Lap 2 Rec** Spring Break Camp /No Rec 1:00pm - 2:00pm		
	<b>4:00PM-6:00PM</b> 1 Lap 1 Rec** 2 Swim Team	<b>4:00PM-6:00PM</b> 1 Lap 1 Rec** 2 Swim Team	<b>4:00PM-6:00PM</b> 1 Lap 1 Rec** 2 Swim team	<b>4:00PM-6:00PM</b> 1 Lap 1 Rec** 2 Swim Team	<b>4:00PM-6:00PM</b> 2 Lap 2 Rec**		
Spectators must view from upstairs.	<b>6:00PM-7:00PM</b> 2 Lap 1 Rec Deep** Fitness Shallow (6-6:45)	<b>6:00PM-7:00PM</b> 2 Lap 2 Water Fitness 1 Rec Shallow**	<b>6:00PM-7:00PM</b> 2 Lap 2 Rec**	<b>6:00PM-7:00PM</b> 2 Lap 2 Fitness Shallow (6-6:45)	<b>6:00PM-8:30 PM</b> 2 Lap 2 Rec**		
	<b>7:00PM - 8:00PM</b> 2 Lap 2 Rec**	<b>7:00PM - 8:00PM</b> 2 Lap 2 Rec **	<b>7:00PM - 8:00PM</b> 2 Lap 2 Rec **	<b>7:00PM - 8:00PM</b> 2 Lap 2 Rec**			
Schedule subject to change with events.	<b>8:00PM-9:30PM</b> 2 Lap 2 Rec**	<b>8:00PM-9:30PM</b> 2 Lap 2 Rec**	<b>8:00PM-9:30PM</b> 2 Lap 2 Rec**	<b>8:00PM-9:30PM</b> 2 Lap 2 Rec**	Thank you for visiting our pool!  If you have additional aquatics questions please contact our Aquatics Director:  Peter Lord ~ Peter.Lord@ymcadc.org		
	<b>Pool Hours</b>						
	Pool closes 30 minutes before the building.	<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>Sat &amp; Sun</b>		<b>7:30 AM</b>	<b>5:30 PM</b>				

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