



YMCA ALEXANDRIA FALL POOL SCHEDULE

Effective September 6th 2024

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

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	5:30AM - 8:00AM	5:30AM - 8:00AM	5:30AM - 8:00AM	5:30AM - 8:00AM	5:30AM - 8:00AM	7:00AM-8:20AM	7:00AM-9:00AM
	4 Lap	4 Lap	4 Lap	4 Lap	4 Lap	4 Lap	4 Lap
Please shower before entering the pool	8:00AM-10:00AM	8:00AM-10:00AM	8:00AM-10:00AM	8:00AM-10:00AM	8:00AM-10:00AM	8:20AM-1:50PM	9:00AM-2:00PM
	2 Lap 2 Rec** Fitness Shallow (8am-8:45) (9am-9:45am)	2 Lap 2 Rec** Fitness Shallow (8-9:45)	2 Lap 2 Rec** Fitness Shallow (9-9:45)	2 Lap 2 Rec** 2 Lessons Shallow(8am-8:45am) Fitness Shallow (9- 9:45)	2 Lap 2 Rec** Fitness Deep (9-9:45)	2 Lap 2 Lessons	2 Lap 2 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	1:50PM- 5:30PM	2:00PM-5:30PM
	2 Lap 2 Rec**	2 Lap 2 Rec**	2 Lap 2 Rec** 2 Lessons Shallow (10am - 11:30am)	2 Lap 2 Rec**	2 Lap 2 Rec**	2 Lap 2 Rec**(Deep 2-3) Fitness Shallow (2-3)	2 Lap 2 Rec**
No photography or videos allowed.	12:00PM-3:00PM	12:00PM-3:00PM	12:00PM-3:30PM	12:00PM-3:30PM	12:00PM-3:00PM		
	2 Lap 2 Rec**	2 Lap 2 Rec**	2 Lap 2 Rec**	2 Lap 2 Rec**	2 Lap 2 Rec** 2 Lessons (12pm-12:45pm)		
	3:00PM-6:00PM	3:00PM-6:00PM	3:30PM-6:00PM	3:30PM-6:00PM	3:00PM-6:00PM		
	2 Lap 2 Rec**	2 Lap 2 Rec**	2 Lap 2 Rec**	2 Lap 2 Deep Rec** 2 Lessons Shallow (4:50pm-6pm)	2 Lap 2 Deep Rec** 2 Lessons Shallow (5pm)	Register Today for a Free Hands On Safety Around Water Workshop. This Land Class is Great for All Ages!Held on the First and Last Saturday of Each Month.	
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 Deep Rec** Fitness Shallow (6-6:45)	2 Lap 2 Deep Water Fitness 2 Shallow Rec **	2 Lap 2 Rec**	2 Lap 2 Deep Rec** 2 Fitness Shallow (6-6:45)	2 Lap 1 Rec** 1 Lessons (5:30-7pm)	Our Swim Team; The Sea Dragons will be Starting up September 23rd. A new Schedule will be released.	
Schedule subject to change with events.	7:00PM - 8:00PM	7:00PM - 8:00PM	7:00PM - 8:00PM	7:00PM - 8:00PM	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 Lessons/Rec**			
	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**			
	Pool closes 30 minutes before the building.				Pool Hours		
	Mon - Thurs		5:30 AM	9:30 PM			
	Friday		5:30 AM	8:30 PM			
	Sat & Sun		7:00 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.

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