



YMCA Fairfax County Reston - Aquatics Schedule - Swim Season

2024- FALL Pool Schedule (09/01/2024 - 12/31/2024)

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Time	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 4:30 to 6:00												WATER WOLVES 4:30 to 6:00						WATER WOLVES 4:30 to 6:00																																									
5:00 AM							Senior AM WATER WOLVES												Senior AM WATER WOLVES						Senior AM WATER WOLVES																																									
6:00 AM	MASTER SWIM 6:00 am-7:00am												SWIM TEAM 6:00am-6:30am												SWIM TEAM 6:00am-6:30am						SWIM TEAM 6:00am-6:30am																																			
6:30 AM	Water Waves												Water Waves												Water Waves						Water Waves																																			
7:00 AM																																																																		
7:30 AM																																																																		
8:00 AM							Water Aerobic 8:00am-8:45am												Water Aerobic 8:00am-8:45am						Water Aerobic 8:00am-8:45am																																									
8:30 AM							Water Waves												Water Waves												Water Waves																																			
9:00 AM																																																																		
9:30 AM																																																																		
10:00 AM																																																																		
10:30 AM													Y B O B																																																					
11:00 AM													Y B O B																																																					
11:30 AM							YMCA SWIM LESSONS 10am-1pm												YMCA SWIM LESSONS 10am-1pm						YMCA SWIM LESSONS 10am-1pm																																									
NOON	WATER AEROBIC 12:10pm-1:00pm												WATER AEROBIC 12:10pm-1:00pm												WATER AEROBIC 12:10pm-1:00pm						WATER AEROBIC 12:10pm-1:00pm																																			
12:30 PM	Water Waves												Water Waves												Water Waves																																									
1:00 PM	Zero entry lane												Zero entry lane												Zero entry lane																																									
1:30 PM	Zero entry lane												Zero entry lane												Zero entry lane																																									
2:00 PM	Zero entry lane												Zero entry lane												Zero entry lane																																									
2:30 PM	Zero entry lane												Zero entry lane												Zero entry lane																																									
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4:30 PM	Zero entry lane												Zero entry lane												Zero entry lane																																									
5:00 PM	5:00 to 7:00						5:00 to 7:00						5:00 to 7:00						5:00 to 7:00						5:00 to 7:00						5:00 to 7:00																																			
5:30 PM	Water Waves						Water Waves						Water Waves						Water Waves						Water Waves						Water Waves																																			
6:00 PM	Water Waves						Water Waves						Water Waves						Water Waves						Water Waves						Water Waves																																			
6:30 PM	Water Waves						Water Waves						Water Waves						Water Waves						Water Waves						Water Waves																																			
7:00 PM																																																																		
7:30 PM																																																																		
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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