



# YMCA ALEXANDRIA FALL POOL SCHEDULE

Effective September 23rd 2024

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

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	<b>5:30AM - 8:00AM</b>	<b>5:30AM - 8:00AM</b>	<b>5:30AM - 8:00AM</b>	<b>5:30AM - 8:00AM</b>	<b>5:30AM - 8:00AM</b>	<b>7:00AM-8:20AM</b>	<b>7:00AM-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>8:20AM-1:50PM</b>	<b>9:00AM-2:00PM</b>
	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
	<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>1:50PM- 5:30PM</b>	<b>2:00PM-5:30PM</b>
	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**
<b>No photography or videos allowed.</b>	<b>12:00PM-3:00PM</b>	<b>12:00PM-3:00PM</b>	<b>12:00PM-3:30PM</b>	<b>12:00PM-3:30PM</b>	<b>12:00PM-3:00PM</b>		
	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)		
	<b>3:00PM-6:00PM</b>	<b>3:00PM-6:00PM</b>	<b>3:30PM-6:00PM</b>	<b>3:30PM-6:00PM</b>	<b>3:00PM-6:00PM</b>		
	1 Lap 1 Rec**  2 Swim Team 3:30pm-6:00pm	2 Lap 2 (1) Rec**  1 Swim Team 5pm-6pm	1 Lap 1 Rec**  2 Swim Team 3:30pm-6:00pm	1 Lap 1 Deep Rec**  2 Swim Team 4pm-6pm  1 Lessons Shallow (4:50pm-6pm)	2 Lap 1 Deep Rec**  2 Lessons Shallow (4:15pm-5:30pm)	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.	<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 2 Deep Rec**  Fitness Shallow (6-6:45)	2 Lap 2 Deep Water Fitness  2 Shallow Rec **	2 Lap 2 (1) Rec**  1 Swim Team 6:00pm-6:45pm	2 Lap 2 Deep Rec**  2 Fitness Shallow (6-6:45)	2 Lap 1 Rec**  1 Lessons (5:30-7pm)	2 Lap	
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** 2 Lessons/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>5:30 AM</b>		<b>9:30 PM</b>			
	<b>Friday</b>	<b>5:30 AM</b>		<b>8:30 PM</b>			
	<b>Sat &amp; Sun</b>	<b>7:00 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