YMCA Fairfax County Reston - Aquatics Schedule - Swim Season

2024/2025 - Winter Break Pool Schedule (12/23/2024 - 01/03/2025)

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Monday

- Zero entry lane
- MASTER SWIM 6:00 am-7:00am (The Water Wolves)
- AQUA YOGA 9:30-10:30
- WATER AEROBIC 12:10pm-1:00pm

Tuesday

- WATER WOLVES 4:30 to 6:00 Senior AM (The Water Wolves)
- SWIM TEAM 6:00am-6:30am (The Water Wolves)
- Water Aerobic 8:00am-8:45am
- SWIM LESSONS 11am-1pm

Wednesday

- Zero entry lane
- K R & Y Room
- MASTER SWIM 6:00 am-7:00am (The Water Wolves)
- WATER AEROBIC 12:10pm-1:00pm

Thursday

- zero entry lane
- WATER WOLVES 4:30 to 6:00 Senior AM (The Water Wolves)
- SWIM TEAM 6:00am-6:30am (The Water Wolves)
- Water Aerobic 8:00am-8:45am
- SWIM LESSONS 11am-1pm
- The Water Wolves
- The Water Wolves
- 5:00 to 7:00 The Water Wolves

Friday

- zero entry lane
- WATER WOLVES 4:30 to 6:00 Senior AM (The Water Wolves)
- SWIM TEAM 6:00am-6:30am (The Water Wolves)
- WATER AEROBIC 12:10pm-1:00pm
- The Water Wolves
- The Water Wolves
- 5:00 to 7:00 The Water Wolves

Saturday

- zero entry lane
- YMCA SWIM LESSONS 9am-12pm

Sunday

- zero entry lane
- YMCA SWIM LESSONS 9:30-12:30

Lane assigments may change to suit curent pool conditions

LIMITED OPEN/FAMILY SWIM DURING SWIM TEAM and SWIM LESSONS

YMCA PROGRAMING TAKES PRIORITY OVER OPEN SWIM / PLAY TIME

Private lessons

12/17/2024 6:03 AM