YMCA Fairfax County Reston - Aquatics Schedule - Swim Season

2025- WINTER Pool Schedule (01/07/2025 - 03/31/2025)

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
- The Water Wolves
- 5:00 to 7:00 The Water Wolves

Tuesday

- WATER WOLVES 4:30 to 6:00 Senior AM
- SWIM TEAM 6:00am-6:30am
- Water Aerobic 8:00am-8:45am
- YMCA SWIM LESSONS 9am-1pm
- The Water Wolves
- 5:00 to 7:00 The Water Wolves

Wednesday

- Zero entry lane
- K R & Y Room
- MASTER SWIM 6:00 am-7:00am (The Water Wolves)
- WATER AEROBIC 12:10pm-1:00pm
- The Water Wolves
- 5:00 to 7:00 The Water Wolves

Thursday

- zero entry lane
- WATER WOLVES 4:30 to 6:00 Senior AM
- SWIM TEAM 6:00am-6:30am
- Water Aerobic 8:00am-8:45am
- YMCA SWIM LESSONS 9am-1pm
- ELC LESSONS 2:30p-3:30p
- The Water Wolves
- 5:00 to 7:00 The Water Wolves

Friday

- zero entry lane
- WATER WOLVES 4:30 to 6:00 Senior AM
- SWIM TEAM 6:00am-6:30am
- WATER AEROBIC 12:10pm-1:00pm

Saturday

- zero entry lane
- YMCA SWIM LESSONS 9am-12pm
- Member Water Safety 12 pm-12:30 pm
- YMCA SWIM LESSONS 9am-12pm

Sunday

- zero entry lane
- WATER WOLVES 6:30 to 8:00 (The Water Wolves)
- YMCA SWIM LESSONS 9:30-12:30
- Adult lessons 8:40-9:20
- 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

1/2/2025 7:12 AM