



# YMCA ALEXANDRIA Winter POOL SCHEDULE

January 6th- March 2nd 2025

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- 9:00AM	7:00AM- 9:00AM
	4 Lap	4 Lap	2 Lap 2 Lessons 7am- 8am	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	9:00AM- 1:30PM	9:00AM- 1:30PM
	1 Lap (8-9am) 3 Deep Rec** Fitness Shallow (8am- 9:45am) 2 Lap (8am- 9am)	2 Lap 2 Deep Rec** Fitness Shallow (8am- 9:45)	2 Lap 2 Deep Rec** Fitness Shallow (9am- 9:45am)	2 Lap 2 Deep Rec** Fitness Shallow (9am- 9:45am)	2 Lap 2 Deep Rec** Fitness Deep (9am- 9:45am)	2 Lap 2 Lessons No Rec swimming durring lessons	2 Lap 2 Lessons No Rec swimming durring lessons
	10:00AM- 12:00PM	10:00AM- 12:00PM	10:00 AM- 12:00PM	10:00 AM- 12:00PM	10:00 AM- 12:00PM	1:30PM- 5:30PM	1:30PM- 5:30PM
	2 Lap 2 Rec**	2 Lap 2 Deep Rec** 1 Lesson Shallow (10am- 10:30am)	2 Lap 2 Deep Rec** 2 Lessons Shallow (10am- 11am)	2 Lap 2 Rec**	2 Lap 2 Rec**	2 Lap 2 Deep Rec** Fitness Shallow (2pm- 2:45pm)	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 Deep Rec** 2 Lessons Shallow (12pm- 12:40pm)	2 Lap 2 Rec**		
	3:00PM- 6:00PM	3:00PM- 6:00PM	3:30PM- 6:00PM	3:30PM- 6:00PM	3:00PM- 6:00PM		
	1 Lap 1 Rec**  2 Swim Team 3: 30pm- 6:00pm	2 Lap 1 Rec** 1 Lesson Shallow (3:30pm- 4:10pm) 1 Swim Team 5pm- 6pm	1 Lap 1 Rec** 2 Swim Team 3: 30pm- 6:00pm	1 Lap 1 Rec** 2 Swim Team 4pm- 6pm	2 Lap 1 Deep Rec** 2 Lessons Shallow (5pm- 6:15pm)	Intrested in becoming a Red Cross Lifeguard or certifying in CPR/First Aid? Email Gil today to learn about upcoming trainings! Emily.Gilmore@ymcadc.org	
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: 15pm- 7pm)	2 Lap 2 Shallow Rec ** 2 Deep Water Fitness (6: 15pm- 7pm)	2 Lap 1 Deep Rec** 1 Swim Team 6: 00pm-6:45pm	2 Lap 2 Deep Rec** 2 Fitness Shallow (6: 15pm- 7pm)	2 Lap 2 Rec**		
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 Aquatics:  Gil Gilmore ~ Emily.Gilmore@ymcadc.org		
	2 Lap 2 Deep Rec** 2 Lessons Shallow (7:10pm- 7:50pm)	2 Lap 2 Deep Rec** 2 Lesson Shallow (7pm- 7:40pm)	2 Lap 2 Deep Rec** 2 Lessons Shallow (7pm- 7:40pm)	2 Lap 2 Deep 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**			
	<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

**Fitness**= Water Fitness class, details are located on the fitness schedule

**Rec\*\*** = Lane priority goes to recreational swimmers.

Examples: Children and parents, water exercise. Private Lessons also held in this area.