



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Fall/Winter Pool Schedule 2018-19

Pool Schedule begins August 13 and is subject to change.

Water temperature is 84-85 degrees. NO TOWELS PROVIDED. Multiple activities are often scheduled in this pool at the same time. Water fitness & swim lessons and Swim Team are closed to swimmers not involved in these activities.

Lap Swim— Swimmers age 15 and older may use lap time for serious lap swim or exercise. Lap swimmers may request a lane during open & family if the life guard decides there is adequate space.

Open Swim— Children ages 10 & older may swim without an adult.

Family Swim— Swimmers must be 16 to swim without an Parent/adult.

Children 5 and under must have an adult in the pool with them within arm's reach at all times.

Water aerobics— A 45-50 minute exercise class designed to give participants a cardiovascular workout while strengthening muscles and improving flexibility and balance. (Non-wellness center members are required to purchase a punch card.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:45-8:30 Adult Lap Swim	7:30-8:15 Low Impact Fitness	6:45-8:30 Adult Lap Swim	7:30-8:15 Low Impact Fitness	6:45-8:30 Adult Lap Swim		
8:30-9:20 Shallow Water Fitness	8:30-9:20 Deep Water Fitness	8:30-9:20 Shallow Water Fitness	8:30-9:20 Deep Water Fitness	8:30-9:20 Shallow Water Fitness		
9:30-1:00 Open Swim	9:30-1:00 Open Swim	9:30-1:00 Open Swim	9:30-1:00 Open Swim	9:30- 1:00 Open Swim		
1:00-3:30 Closed	1:00-3:00 Closed	1:00-3:30 Closed	1:00-3:00 Closed	1:00-3:00 Closed	CLOSED	1:30-2:30 Open Swim
3:30-4:45 Swim Team	3:00-4:30 Open Swim	3:30-4:45 Swim Team	3:00-4:30 Open Swim	3:00-5:00 Open Swim	CLOSED	2:45-4:30 Family Swim
4:45-5:30 Swim Lessons	4:30-5:45 Swim Team	4:45-5:30 Swim Lessons	4:30-5:45 Swim Team	5:00-5:30 Closed		4:30 Pool Closes
5:45-6:35 Shallow Water Fitness	5:45-6:45 Lap Swim	5:45-6:35 Shallow Water Fitness	5:45-6:45 Lap Swim	5:45-6:35 Shallow Water Fitness		5:00 Building Closes
6:45-8:00 Family Swim	6:45-8:00 Family Swim	6:45-8:00 Family Swim	6:45-8:00 Family Swim	6:45-8:00 Family Swim		
8:00 Pool Closes	8:00 Pool Closes	8:00 Pool Closes	8:00 Pool Closes	8:00 Pool Closes		
8:30 Building Closes	8:30 Building Closes	8:30 Building Closes	8:30 Building Closes	8:30 Building Closes		

Altavista Area YMCA

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