



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SPRING POOL SCHEDULE

ALTAVISTA AREA YMCA

Pool Schedule	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Spring 2017							
Schedule Begins Monday, March 13, and is subject to change. Water temperature is 84-85 degrees.	6:45-8:30 Adult Lap Swim	7:30-8:20 Low Impact Fitness	6:45-8:30 Adult Lap Swim	7:30-8:20 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		
NO TOWELS PROVIDED	9:30-1:00 Open Swim 2 lap lanes	9:30-1:00 Open Swim 2 lap lanes	9:30-1:00 Open Swim 2 lap lanes	9:30-1:00 Open Swim 2 lap lanes	9:30-1:00 Open Swim 2 lap lanes		
Multiple activities are often scheduled in this pool at the same time. Water Fitness & 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		1:30-2:30 Open Swim
Lessons are closed to swimmers not involved in these activities.	3:45-5:15 Swim Lessons	3:00-5:30 Open Swim 2 lap lanes	3:45-5:15 Swim Lessons	3:00-5:30 Open Swim 2 lap lanes	3:00-5:00 Open Swim 2 lap lanes		2:45-4:40 Family Swim
Lap Swimming Swimmers age 15 & 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.		3:45-4:25 Camp Swim		3:45-4:25 Camp Swim	3:45-4:25 Camp Swim		Pool Closes At 4:30 Building Closes at 5:00
	5:45-6:35 Shallow Water Fitness	5:30-8:00 Lap Swim 2 lanes	5:45-6:35 Shallow Water Fitness	5:30-8:00 Lap Swim 2 lanes	5:45-6:35 Shallow Water Fitness		
	6:45-8:00 Family Swim	5:30-8:00 Family Swim 4 lanes	6:45-8:00 Family Swim	5:30-8:00 Family Swim 4 lanes	6:45-8:00 Family Swim		
Open Swim	8:00 Pool closes	8:00 Pool closes	8:00 Pool closes	8:00 Pool closes	8:00 Pool closes		
Children ages 10 & older may swim without an adult during Open Swim.	8:30 Building Closes	8:30 Building Closes	8:30 Building Closes	8:30 Building Closes	8:30 Building Closes		
Family Swim							
Swimmers must be							

age 16 to swim alone during Family Swim.

Children 5 & under

An adult must be in the pool within arm's reach at all times for children under the age of 5.

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 an aerobic punch-card).

Altavista Area YMCA

718th 7th Street, Altavista, VA 24517

P 434-369-9622 F 434-369-1011 altavistaymca.com