



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 2018 | | | | | | | |
| Schedule Begins Monday, March 11, 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 Lessons are closed to swimmers not involved in these activities. | 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 |
| 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. | 3:45-5:15 Swim Lessons | 3:00-5:30 Open Swim 2 lap lanes 3:45-4:25 Camp Swim | 3:45-5:15 Swim Lessons | 3:00-5:30 Open Swim 2 lap lanes 3:45-4:25 Camp Swim | 3:00-5:00 Open Swim 2 lap lanes 3:45-4:25 Camp Swim | | 2:45-4:40 Family Swim Pool Closes At 4:30 Building Closes at 5:00 |
| Open Swim Children ages 10 & older may swim without an adult during Open Swim. | 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 | | |
| Family Swim Swimmers must be age 16 to swim alone during Family Swim. | 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 | | |
| | 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 | | |

Children 5 & under

An adult must always be in the pool within arm's reach 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