



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 19 and is subject to change.	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		
Water temperature is 84-85 degrees.	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							
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.	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		
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.	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
Open Swim Children ages 10 & older may swim without an adult during Open Swim.	3:45-5:30 Swim Lessons	3:00-5:30 Open Swim 2 lap lanes 3:45-4:25 Camp Swim	3:45-5:30 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
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.	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		
	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		

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).