



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# Summer Pool Schedule 2019

Pool Schedule begins June 4 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 Camp 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.

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.

**Altavista Area YMCA**

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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		
9:30-11:00 Swim Lessons	9:30-11:00 Swim Lessons	9:30-11:00 Swim Lessons	9:30-11:00 Swim Lessons	9:30-10:00 Preschool Swim		
11:00-1:00 Family Swim 2 lap lanes	11:00-1:00 Family Swim 2 lap lanes	11:00-1:00 Family Swim 2 lap lanes	11:00-1:00 Family Swim 2 lap lanes	11:00-1:00 Family Swim 2 lap lanes	12:30-2:30 Open Swim	1:30-2:30 Open Swim
1:00-3:30 Camp Swim	1:00-3:30 Camp Swim	1:00-3:30 Camp Swim	1:00-3:30 Camp Swim	1:00-3:30 Camp Swim	2:45-4:30 Family Swim	2:45-4:30 Family Swim
3:30-5:00 Open Swim	3:30-5:00 Open Swim	3:30-5:00 Open Swim	3:30-5:00 Open Swim	3:30-5:00 Open Swim	4:30 Pool Closes	4:30 Pool Closes
5:00-5:45 Swim Lessons	5:00-5:45 Swim Lessons	5:00-5:45 Swim Lessons	5:00-5:45 Swim Lessons	5:00-5:30 Closed	5:00 Building Closes	5:00 Building Closes
5:45-6:35 Shallow Water Fitness	5:45-6:45 Lap Swim 4 lanes Swim Team	5:45-6:35 Shallow Water Fitness	5:45-6:45 Lap Swim 4 lanes Swim Team	5:45-6:35 Shallow Water Fitness		
6:45-8:30 Family Swim  * 6:45-7:45 Swim team in 3 lanes	6:45-8:30 Family Swim	6:45-8:30 Family Swim  * 6:45-7:45 Swim Team in 3 lanes	6:45-8:30 Family Swim	6:45-8:30 Family Swim		
8:30 Pool Closes	8:30 Pool Closes	8:30 Pool Closes	8:30 Pool Closes	8:30 Pool Closes		
9:00 Building Closes	9:00 Building Closes	9:00 Building Closes	9:00 Building Closes	9:00 Building Closes		