



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

POOL SCHEDULE

NEWPORT NEWS FAMILY YMCA
October 2010

The numbers in () below indicate how many lanes will be in use during each event. The Pool Schedule is subject to change.

HOURLY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	POOL OPENS AT 5:30 a.m.	POOL OPENS AT 5:30 a.m.	POOL OPENS AT 5:30 a.m.	POOL OPENS AT 5:30 a.m.	POOL OPENS AT 5:30 a.m.	POOL OPENS AT 8:00 a.m.	
5:30 a.m. 9:00 a.m.	(6) Adult Lap Lanes 5:30-8:45 a.m.	(3) Adult Lap Lanes 5:30-9:00 a.m. (3) Shallow Water Aerobics 6:30-7:30 a.m.	(6) Adult Lap Lanes 5:30-8:45 a.m.	(3) Adult Lap Lanes 5:30-9:00 a.m. (3) Shallow Water Aerobics 6:30-7:30 a.m.	(6) Adult Lap Lanes 5:30-8:45 a.m.	(6) Adult Lap Lanes 8:00-8:45 a.m.	
9:00 a.m. 10:00 a.m.	(6) Swimnastics 9:00 - 10:00 a.m. (6) Deep Water Aerobics 9:15 - 10:15 a.m.	(2) Adult Lap Lanes (4) Day Care Swim (4) Deep Water Aerobics 9:00 - 10:00 a.m.	(6) Swimnastics 9:00 - 10:00 a.m. (6) Deep Water Aerobics 9:15 - 10:15 a.m.	(2) Adult Lap Lanes (4) Day Care Swim (4) Deep Water Aerobics 9:00 - 10:00 a.m.	(6) Swimnastics 9:00 - 10:00 a.m. (6) Deep Water Aerobics 9:15 - 10:15 a.m.	Swim Lessons 8:45-11:00 a.m.	
10:00 a.m. 11:00 a.m.	(4) Aqua-Pilates (2) Adult Lap Lanes 10:15 - 11:15 a.m.	(2) Adult Lap Lanes (3) Parent-Child Swim (1) Gym/Swim 10:00-10:30 a.m.	(4) Aqua-Pilates (2) Adult Lap Lanes 10:15-11:15 a.m.	(3) Adult Lap Lanes 10:30-12:00 p.m.	(4) Aqua-Pilates (2) Adult Lap Lanes 10:15-11:15 a.m.	Swim Lessons 8:45-11:00 a.m.	
11:00 a.m. 1:00 p.m.	(6) Adult Lap Lanes 11:15-1:00 p.m.	(4) Adult Lap Lanes 10:30-1:00 p.m.	(6) Adult Lap Lanes 11:15-1:30 p.m.	(4) Adult Lap Lanes 12:00-1:00 p.m.	(6) Adult Lap Lanes 11:15-1:00 p.m.	(3) Lap Lanes (3) Open Recreation 11:00-12:00 p.m.	POOL OPENS AT 1:00 p.m.
1:00 p.m. 3:00 p.m.	(3) Lap Lanes 1:00 - 3:00 p.m. (3) Trinity Swim Lessons 1:30 - 2:30 p.m.	(2) Adult Lap Lanes 1:00 - 3:00 p.m.	(1) Lap Lanes (3) Trinity Swim Lessons (2) School Age 1:30-3:00 p.m.	(2) Adult Lap Lanes 1:00 - 3:00 p.m.	CLOSED Pool Maintenance 1:00-3:00 p.m.	(6) Adult Lap Lanes 12:00-1:00 p.m.	(6) Adult Lap Lanes 1:00-2:00 p.m.
3:00 p.m. 4:30 p.m.	(3) Lap Lanes (3) Open Recreation 3:00 - 4:30 p.m.	(3) Lap Lanes (3) Open Recreation 3:00 - 4:30 p.m.	(3) Lap Lanes (3) Open Recreation 3:00 - 4:30 p.m.	(3) Lap Lanes (3) Open Recreation 3:00 - 4:30 p.m.	(3) Lap Lanes (3) Open Recreation 3:00 - 4:30 p.m.	(2) Lap Lanes (4) Open Recreation SLIDE UP 1:00-4:30 p.m.	(2) Lap Lanes (4) Open Recreation SLIDE UP 2:00-4:30 p.m.
4:30 p.m. 5:30 p.m.	(3) Lap Lanes (3) Open Recreation 4:30 - 5:30 p.m.	(3) Lap Lanes (3) Open Recreation 4:30 - 5:30 p.m.	(3) Lap Lanes (3) Open Recreation 4:30 - 5:30 p.m.	(3) Lap Lanes (3) Open Recreation 4:30 - 5:30 p.m.	(3) Lap Lanes (3) Open Recreation 4:30 - 5:30 p.m.	POOL CLOSES AT 4:30 p.m.	POOL CLOSES AT 4:30 p.m.
5:30 p.m. 7:00 p.m.	(1) Adult Lap Lane (5) Swim Lessons 5:30-7:00 p.m.	(1) Adult Swim Lessons (5) Swim Team 5:30-7:00 p.m.	(1) Adult Lap Lane (5) Swim Lessons 5:30-7:00 p.m.	(1) Private Swim Lessons (5) Swim Team 5:30-7:00 p.m.	(1) Adult Lap Lane (5) Swim Lessons 5:30-7:00 p.m.		
7:00 p.m. 7:30 p.m.	(3) Lap Lanes (3) Open Recreation 7:00 - 7:30 p.m.	(1) Private Swim Lessons (5) Swim Team 7:00 - 7:30 p.m.	(3) Lap Lanes (3) Open Recreation 7:00 - 7:30 p.m.	(1) Private Swim Lessons (5) Swim Team 7:00 - 7:30 p.m.	(2) Lap Lanes (4) Open Recreation SLIDE UP 7:10-9:00 p.m.		
7:30 p.m. 8:30 p.m.	(2) Adult Lap Lane (4) Aqua-Pilates 7:30-8:30 p.m.	(1) Adult Lap Lanes (5) Deep Water Aerobics (5) Swimnastics 7:30-8:30 p.m.	(3) Adult Lap Lanes (3) Open Recreation 7:30-8:30 p.m.	(1) Adult Lap Lanes (5) Deep Water Aerobics (5) Swimnastics 7:30-8:30 p.m.	POOL CLOSES AT 9:00 p.m.		
9:00 p.m. 11:00 p.m.	(2) Lifeguarding 8:30-10:00 p.m. (4) Scuba 9:00-11:00 p.m.	(6) Scuba 9:00-11:00 p.m.	(2) Lifeguarding 8:30-10:00 p.m. (4) Scuba 9:00-11:00 p.m.	(6) Scuba 9:00-11:00 p.m.			

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