



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# POOL SCHEDULE

NEWPORT NEWS FAMILY YMCA

February 2012

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

HOOR	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.	(5) Adult Lap Lanes (1) Waterwalking Lane 5:30-8:55 a.m.	(3) Adult Lap Lanes 5:30-9:00 a.m. (3) Shallow Water Aerobics 6:30-7:30 a.m.	(5) Adult Lap Lanes (1) Waterwalking Lane 5:30-8:55 a.m.	(3) Adult Lap Lanes 5:30-9:00 a.m. (3) Shallow Water Aerobics 6:30-7:30 a.m.	(5) Adult Lap Lanes (1) Waterwalking Lane 5:30-8:55 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 (3) Open Recreation 10:30-11:00 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.	(4) Aqua Kickboxing (2) Adult Lap Lanes 12:00 - 12:45 p.m.	(3) Adult Lap Lanes (3) Open Recreation 10:30-12:00 p.m. (4) Aqua Zumba 12:00 - 12:45 p.m.	(3) Lap Lanes 11:00-1:00 p.m. (3) Adult Swim Lessons 11:30- 12:15 p.m.	(3) Adult Lap Lanes (3) Open Recreation 10:30-1:00 p.m.	(4) Aqua Zumba (2) Adult Lap Lanes 12:00 - 12:45 p.m.	(3) Lap Lanes (3) Aqua Kickboxing 11:15-12:00 p.m.	POOL OPENS AT 1:00 p.m.
1:00 p.m. 3:30 p.m.	(3) Adult Lap Lanes (3) Open Recreation 12:45 - 3:30	(3) Adult Lap Lanes (3) Open Recreation 12:45 - 3:30 p.m.	(3) Adult Lap Lanes 1:00 - 3:30 p.m. (3) School Age 2:30-3:00 p.m.	(3) Adult Lap Lanes (3) Open Recreation 1:00 - 3:30 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 1:00-1:30 p.m.
3:30 p.m. 4:30 p.m.	(2) Adult Lap Lanes (4) Hampton Roads Academy 3:30 - 4:30 p.m.	(2) Adult Lap Lanes (4) Hampton Roads Academy 3:30 - 4:30 p.m.	(2) Adult Lap Lanes (4) Hampton Roads Academy 3:30 - 4:30 p.m.	(3) Adult Lap Lanes (3) 21st Century 3:30 - 4:30 p.m.	(2) Adult Lap Lanes 3:00-4:30 p.m. (4) Hampton Roads Academy 3:00 - 4:30 p.m.	(2) Lap Lanes (4) Open Recreation 1:00-4:30 p.m. SLIDE UP 2:00 - 4:15 p.m.	(2) Lap Lanes (4) Open Recreation NO SLIDE UP 1:30 - 4:30 p.m.
4:30 p.m. 5:30 p.m.	(2) Adult Lap Lanes 4:30 - 5:30 p.m. (4) Hampton Roads Academy 4:30 - 5:00 p.m.	(2) Adult Lap Lanes 4:30 - 5:30 p.m. (4) Hampton Roads Academy 4:30 - 5:00 p.m.	(2) Adult Lap Lanes 4:30 - 5:30 p.m. (4) Hampton Roads Academy 4:30 - 5:00 p.m.	(4) Lap Lanes (2) Open Recreation 4:30 - 5:15 p.m.	(4) Lap Lanes (2) Open Recreation 4:30 - 5:15 p.m.	POOL CLOSES AT 4:30 p.m.	(2) Lap Lanes (4) Open Recreation NO SLIDE UP 4:30 - 5:30 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 Lap Lane (4) Swim Team (1) Private Swim Lessons 5:30-7:00 p.m.	(1) Adult Lap Lane (5) Swim Lessons 5:30-7:00 p.m.	(1) Adult Lap Lane (4) Swim Team (1) Private Swim Lessons 5:30-7:00 p.m.	(1) Adult Lap Lane (5) Swim Lessons 5:30-7:00 p.m.		POOL CLOSES AT 5:30 p.m.
7:00 p.m. 7:30 p.m.	(3) Lap Lanes (3) Open Recreation 7:00 - 7:30 p.m.	(1) Adult Lap Lane (4) Swim Team (1) Private Swim Lessons 7:00-7:30 p.m.	(3) Lap Lanes (3) Open Recreation 7:00 - 7:30 p.m.	(1) Adult Lap Lane (4) Swim Team (1) Private Swim Lessons 7:00-7:30 p.m.	(2) Lap Lanes (4) Open Recreation NO SLIDE UP 7:05-7:30 p.m.		
7:30 p.m. 8:30 p.m.	(2) Lap Lanes (4) Aqua-Zumba TBA 7:30-8:30 p.m.	(1) Adult Lap Lanes (5) Deep Water Aerobics (5) Swimnastics 7:30-8:30 p.m.	(2) Lap Lanes (2) Aqua Zumba 7:30-8:30 p.m.	(1) Adult Lap Lanes (5) Deep Water Aerobics (5) Swimnastics 7:30-8:30 p.m.	(2) Lap Lanes (4) Open Recreation NO SLIDE UP 7:30-8:30 p.m.		
9:00 p.m. 11:00 p.m.	(6) Scuba 9:00-11:00 p.m.	(6) Scuba 9:00-11:00 p.m.	(6) Scuba 9:00-11:00 p.m.	(6) Scuba 9:00-11:00 p.m.	FLOAT NIGHT 7:15-8:30 p.m. POOL CLOSES AT 8:30 p.m.		

7827 Warwick Blvd., Newport News, VA 23607

A branch of Peninsula Metropolitan YMCA - 101 Long Green Blvd., Yorktown, VA 23693

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