



Pool Schedule

Northern Neck Family YMCA

March 2010

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 7:00 A.M.	Masters Swim 7:00 a.m. - 8:30 a.m.	POOL OPENS AT 7:00 A.M.	Masters Swim 7:00 a.m. - 8:30 a.m.	POOL OPENS AT 7:00 A.M.	Masters Swim 7:30 a.m. - 9:00 a.m.		
7:00 a.m.- 8:00 a.m.	(5) Open	POOL OPENS AT 8:30 A.M.	(5) Open	POOL OPENS AT 8:30 A.M.	(5) Open			
8:00 a.m. - 9:00 a.m.	(1) Lap (4) Shallow Water Aerobics	(5) Open	(1) Lap (4) Shallow Water Aerobics	(5) Open	(1) Lap (4) Shallow Water Aerobics	POOL OPENS AT 9:00 A.M.		
9:00 a.m. - 10:00 a.m.	(5) Open	(5) Open	(5) Open	(5) Open	(5) Open	(5) Open		
10:00 a.m.- 11:00 a.m.	(5) Open	(5) Open	(5) Open	(5) Open	(5) Open	(2) Open (3) Pool Party		
11:00 a.m. - 12:00 p.m.	(5) Open	(5) Open	(5) Open	(5) Open	(5) Open	(2) Open (3) Pool Party		
12:00 p.m. - 1:00 p.m.	POOL CLOSSES AT 12:00 P.M.	(5) Open	POOL CLOSSES AT 12:00 P.M.	(5) Open	POOL CLOSSES AT 12:00 P.M.	(5) Open		POOL OPENS AT 1:00 P.M.
1:00 p.m. - 2:00 p.m.		(1) Lap (4) Shallow Water Aerobics		(1) Lap (4) Shallow Water Aerobics		(2) Open (3) Pool Party		(2) Open (3) Pool Party
2:00 p.m. - 3:00 p.m.		POOL CLOSSES AT 2:00 P.M.		POOL CLOSSES AT 2:00 P.M.		(2) Open (3) Pool Party		(2) Open (3) Pool Party
3:00 p.m. 4:00 p.m.		POOL OPENS AT 4:00 P.M.		POOL OPENS AT 4:00 P.M.		POOL OPENS AT 4:00 P.M.		POOL OPENS AT 4:00 P.M.
4:00 p.m. 5:00 p.m.	(5) Open	(3) SEVA (2) Open	(5) Open	(3) SEVA (2) Open	(5) Open	(5) Open	(2) SEVA (3) Open	
5:00 p.m. 6:30 p.m.	(2) Swim Lessons (3) Open	(3) SEVA (2) Open	(2) Swim Lessons (3) Open	(3) SEVA (2) Open	(5) Open	POOL CLOSSES AT 4:45	POOL CLOSSES AT 4:45	
6:30 p.m. - 7:30 p.m.	(1) Lap (4) Shallow Water Aerobics	(2) SEVA (3) Open	(1) Lap (4) Shallow Water Aerobics	(2) SEVA (3) Open	POOL CLOSSES AT 6:45 P.M.			
	POOL CLOSSES AT 7:45 P.M.	POOL CLOSSES AT 7:45 P.M.	POOL CLOSSES AT 7:45 P.M.	POOL CLOSSES AT 7:45 P.M.				