



FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FAMILY POOL SCHEDULE

R.F. WILKINSON FAMILY YMCA

January 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	
5:30 a.m.- 7:00 a.m.	Lane Area Open Open Recreation Slide Closed	Lane Area Open Open Recreation Slide Closed	Lane Area Open Open Recreation Slide Closed	Lane Area Open Open Recreation Slide Closed	Lane Area Open Open Recreation Slide Closed	POOL OPENS AT 7:00 AM	<p style="text-align: center;">Please remember that if your child is under the age of 9 and has not passed a swim test, a parent or guardian must be in the water with them.</p>	
7:00 a.m.- 8:00 a.m.	Lane Area Open Swim Lessons Pool Closed Slide Closed	Lane Area Open Swim Lessons Pool Closed Slide Closed	Lane Area Open Swim Lessons Pool Closed Slide Closed	Lane Area Open Swim Lessons Pool Closed Slide Closed	Lane Area Open Open Recreation Slide Closed	Lane Area Open Pool Closed Slide Closed		
8:00 a.m. - 9:00 a.m.	Sentara Aquatic Therapy (1) Pool Closed Slide Closed	Sentara Aquatic Therapy (1) Pool Closed Slide Closed	Sentara Aquatic Therapy (1) Pool Closed Slide Closed	Sentara Aquatic Therapy (1) Pool Closed Slide Closed	Sentara Aquatic Therapy (1) Open Recreation Slide Closed	Lane Area Open Swim Lessons Pool Closed Slide Closed		
9:00 a.m. - 10:00 a.m.	Sentara Aquatic Therapy (1) AFP (Pat) Slide Closed	Sentara Aquatic Therapy (1) AFP 9:30-10:30 am (Betty)	Sentara Aquatic Therapy (1) AFP (Pat) Slide Closed	Sentara Aquatic Therapy (1) AFP 9:30-10:30am (Betty)	Sentara Aquatic Therapy (1) AFP (Pat) Slide Closed	Lane Area Open Swim Lessons Pool Closed Slide Closed		
10:00 a.m.- 11:00 a.m.	Sentara Aquatic Therapy (1) Open Recreation Slide Closed	Sentara Aquatic Therapy (1) AFP 10:30-11:30 am (Betty)	Sentara Aquatic Therapy (1) Open Recreation Slide Closed	Sentara Aquatic Therapy (1) AFP 10:30-11:30am (Betty)	Sentara Aquatic Therapy (1) Open Recreation Slide Closed	Lane Area Open Swim Lessons Pool Closed Slide Closed		
11:00 a.m. - 12:00 p.m.	Sentara Aquatic Therapy (1) Open Recreation Slide Closed	Sentara Aquatic Therapy (1) Open Recreation Slide Closed	Sentara Aquatic Therapy (1) Open Recreation Slide Closed	Sentara Aquatic Therapy (1) Open Recreation Slide Closed	Sentara Aquatic Therapy (1) Open Recreation Slide Closed	Lane Area Open Swim Lessons until 11:15am Open Recreation Slide Closed		
12:00 p.m. - 1:00 p.m.	Sentara Aquatic Therapy (1) Open Recreation Slide Closed	Sentara Aquatic Therapy (1) Open Recreation Slide Closed	Sentara Aquatic Therapy (1) Open Recreation Slide Closed	Sentara Aquatic Therapy (1) Open Recreation Slide Closed	Sentara Aquatic Therapy (1) Open Recreation Slide Closed	Lane Area Open Open Recreation Slide Closed		
1:00 p.m. - 2:00 p.m.	Sentara Aquatic Therapy (1) Open Recreation Slide Closed	Sentara Aquatic Therapy (1) Open Recreation Slide Closed	Sentara Aquatic Therapy (1) Open Recreation Slide Closed	Sentara Aquatic Therapy (1) Open Recreation Slide Closed	Sentara Aquatic Therapy (1) Open Recreation Slide Closed	Lane Area Open Open Recreation *Slide Open		Lane Area Open Open Recreation *Slide Open
2:00 p.m. - 3:00 p.m.	Sentara Aquatic Therapy (1) Open Recreation Slide Closed	Sentara Aquatic Therapy (1) Open Recreation Slide Closed	Sentara Aquatic Therapy (1) Open Recreation Slide Closed	Sentara Aquatic Therapy (1) Open Recreation Slide Closed	Sentara Aquatic Therapy (1) Open Recreation Slide Closed	Lane Area Open Open Recreation *Slide Open Birthday Parties		Lane Area Open Open Recreation *Slide Open Birthday Parties
3:00 p.m. - 4:00 p.m.	Sentara Aquatic Therapy (1) Open Recreation Slide Closed	Sentara Aquatic Therapy (1) Open Recreation Slide Closed	Sentara Aquatic Therapy (1) Open Recreation Slide Closed	Sentara Aquatic Therapy (1) Open Recreation Slide Closed	Sentara Aquatic Therapy (1) Open Recreation Slide Closed	Lane Area Open Open Recreation *Slide Open Birthday Parties		Lane Area Open Open Recreation *Slide Open Birthday Parties
4:00 p.m. - 5:30 p.m. -	Swim Lessons Pool Closed Slide Closed	Swim Lessons Pool Closed Slide Closed	Swim Lessons Pool Closed Slide Closed	Swim Lessons Pool Closed Slide Closed	Lane Area Open Open Recreation Slide Closed	POOL CLOSES AT 4:30 PM	POOL CLOSES AT 5:30 PM	
5:30 p.m. - 6:30 p.m.	Lane Area Open Aquatic Body Sculpting/Toning 5:30-6:30pm (Linda)	Lane Area Open Aquatic Strengthen and Stretch 5:30-6:30pm (Cindy)	Lane Area Open Aquatic Body Sculpting/Toning 5:30-6:30pm (Cindy)	Lane Area Open Open Recreation *Slide Closed	Lane Area Open Open Recreation *Slide Closed			
6:30 p.m. - 7:30 p.m.	Lane Area Open Open Recreation *Slide Open till 8:30 PM	Lane Area Open Open Recreation *Slide Open till 8:30 PM	Lane Area Open Open Recreation *Slide Open till 8:30 PM	Lane Area Open Open Recreation *Slide Open till 8:30 PM	Lane Area Open Open Recreation *Slide Open till 8:30pm			
7:30 p.m. - 9:30 p.m.	Lane Area Open Open Recreation *Slide Open till 8:30 PM	Lane Area Open Open Recreation *Slide Open till 8:30 PM	Lane Area Open Open Recreation *Slide Open till 8:30 PM	Lane Area Open Open Recreation *Slide Open till 8:30 PM	Lane Area Open Open Recreation *Slide Open till 8:30 PM POOL CLOSES AT 8:30 PM			