



Lap Pool Schedule
R.F. Wilkinson Family YMCA
301 Sentara Circle, Williamsburg, VA 23188
(757) 229-9622
August 2010

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

HOURL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30 a.m.- 7:00 a.m.	(6) Lanes Open	(6) Lanes Open	(6) Lanes Open	(6) Lanes Open	(6) Lanes Open	(6) Lanes Open	
7:00 a.m.- 8:00 a.m.	(6) Lanes Open	(6) Lanes Open	(6) Lanes Open	(6) Lanes Open	(6) Lanes Open	(6) Lanes Open	
8:00 a.m. - 9:00 a.m.	(3) Lanes Open (3) Combo Water Aerobics 9:00-10:00 AM	(3) Lanes Open (3) Combo Water Aerobics 8:30 - 9:30 AM	(3) Lanes Open (3) Combo Water Aerobics 9:00-10:00 AM	(3) Lanes Open (3) Combo Water Aerobics 8:30 - 9:30 AM	(3) Lanes Open (3) Combo Water Aerobics 9:00-10:00 AM	(6) Lanes Open	
9:00 a.m. - 10:00 a.m.	(3) Lanes Open 3) Combo Water Aerobics 9:00-10:00 AM	(3) Lanes Open (3) Combo Water Aerobics 8:30 - 9:30 AM	(3) Lanes Open 3) Combo Water Aerobics 9:00-10:00 AM	(3) Lanes Open (3) Combo Water Aerobics 8:30 - 9:30 AM	(3) Lanes Open 3) Combo Water Aerobics 9:00-10:00 AM	(3) Lanes Open (3) Hydro Sculpt 9:15-10:15am	
10:00 a.m.- 11:00 a.m.	(3) Lanes Open (3) Combo Water Aerobics 10:00-11:00 AM	(6) Lanes Open	(3) Lanes Open (3) Combo Water Aerobics 10:00-11:00 AM	(6) Lanes Open	(3) Lanes Open (3) Combo Water Aerobics 10:00-11:00 AM	(6) Lanes Open	
11:00 a.m. - 12:00 p.m.	(6) Lanes Open	(6) Lanes Open	(6) Lanes Open	(6) Lanes Open	(6) Lanes Open	(2) Lanes Open (4) Lanes Special Olympics Swim Team	
12:00 p.m. - 1:00 p.m.	(6) Lanes Open	(6) Lanes Open	(6) Lanes Open	(6) Lanes Open	(6) Lanes Open	(6) Lanes Open	
1:00 p.m. - 2:00 p.m.	(6) Lanes Open	(6) Lanes Open	(6) Lanes Open	(6) Lanes Open	(5) Lanes Open (1) Lifelong Learning Center	(6) Lanes Open	(6) Lanes Open
2:00 p.m. - 3:00 p.m.	(6) Lanes Open	(6) Lanes Open	(6) Lanes Open	(6) Lanes Open	(6) Lanes Open	(6) Lanes Open	(6) Lanes Open
3:00 p.m. - 4:00 p.m.	(6) Lanes Open	(6) Lanes Open	(6) Lanes Open	(6) Lanes Open	(6) Lanes Open	(6) Lanes Open	(6) Lanes Open
4:00 p.m. - 5:00 p.m.	(3) Lanes Open (3) Swim Lessons	(3) Lanes Open (3) Swim Lessons	(3) Lanes Open (3) Swim Lessons	(3) Lanes Open (3) Swim Lessons	(3) Lanes Open (3) Swim Lessons	POOL CLOSES AT 4:30 PM	POOL CLOSES AT 4:30 PM
5:00 p.m. - 6:00 p.m.	(3) Lanes Open (3) Deep Water Walk/Jog 5:45-6:45PM	(6) Lanes Open	(6) Lanes Open	(6) Lanes Open	(3) Lane Open (3) Aqua Zumba 5:45-6:45PM		
6:00 p.m. - 7:00 p.m.	(6) Lanes Open	(6) Lanes Open	(6) Lanes Open	(6) Lanes Open	(3) Lane Open		
7:00 p.m. - 8:00 p.m.	(6) Lanes Open	(6) Lanes Open	(6) Lanes Open	(6) Lanes Open	(6) Lanes Open		
8:00 p.m. - 9:30 p.m.	(6) Lanes Open	(6) Lanes Open	(6) Lanes Open	(6) Lanes Open	(6) Lanes Open		