



Tween Schedule

Ages 10 - 12 Years Old

Victory Family YMCA

101 Long Green Boulevard, Yorktown, VA 23692 (757) 867-3300

Summer 2010

***Schedule subject to change due to inclement or severe weather.**

HOOR	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30 a.m. - 7:00 a.m.	Pool - Lap Swim (5) Open 1/2 Gym	Pool - Lap Swim (5) Open 1/2 Gym	Pool - Lap Swim (5) Open 1/2 Gym	Pool - Lap Swim (5) Open 1/2 Gym	Pool - Lap Swim (5) Open 1/2 Gym		
7:00 a.m. - 8:00 a.m.	Pool - Lap Swim (6) Pool - Open Swim (2) Open 1/2 Gym	Pool - Lap Swim (6) Pool - Open Swim (2) Open 1/2 Gym	Pool - Lap Swim (6) Pool - Open Swim (2) Open 1/2 Gym	Pool - Lap Swim (6) Pool - Open Swim (2) Open 1/2 Gym	Pool - Lap Swim (6) Pool - Open Swim (2) Open 1/2 Gym	Pool - Lap Swim (8) Open Gym	
8:00 a.m. - 9:00 a.m.	Pool - Lap Swim (3) Open 1/2 Gym	Pool - Lap Swim (3) Open 1/2 Gym	Pool - Lap Swim (3) Open 1/2 Gym	Pool - Lap Swim (3) Open 1/2 Gym	Pool - Lap Swim (3) Pool - Open Swim (2) Open 1/2 Gym	Pool - Lap Swim (1) Boot Camp	
9:00 a.m. - 10:00 a.m.	Pool - Lap Swim (2) The Zone	Pool - Lap Swim (2) The Zone	Pool - Lap Swim (2) The Zone	Pool - Lap Swim (2) The Zone	Pool - Lap Swim (2) Pool - Open Swim (1) The Zone	Pool - Lap Swim (1) Open Gym The Zone	
10:00 a.m. - 11:00 a.m.	Pool - Lap Swim (2) The Zone	Pool - Lap Swim (3) Pool - Open Swim (2) The Zone	Pool - Lap Swim (2) Pool - Open Swim (1) The Zone	Pool - Lap Swim (3) Pool - Open Swim (2) The Zone	Pool - Lap Swim (4) Pool - Open Swim (1) The Zone	Pool - Lap Swim (1) Open Gym The Zone Climbing Wall	
11:00 a.m. - 12:00 p.m.	Pool - Lap Swim (3) The Zone	Pool - Lap Swim (2) Pool - Open Swim (1) The Zone	Pool - Lap Swim (3) Pool - Open Swim (1) The Zone	Pool - Lap Swim (2) Pool - Open Swim (1) The Zone	Pool - Lap Swim (4) Pool - Open Swim (1) The Zone	Pool - Lap Swim (1) Open Gym The Zone Climbing Wall	
12:00 p.m. - 1:00 p.m.	Pool - Lap Swim (3) Pool - Open Swim (2)	Pool - Lap Swim (3)	Pool - Lap Swim (3)	Pool - Lap Swim (3) Pool - Open Swim (2)	Pool - Lap Swim (3) Pool - Open Swim (2)	Pool - Lap Swim (5) Pool - Open Swim (3) Open Gym The Zone	
1:00 p.m. - 2:00 p.m.	Pool - Lap Swim (3) Pool - Open Swim (2)	Pool - Lap Swim (3) Pool - Open Swim (2)	Pool - Lap Swim (3) Pool - Open Swim (2)	Pool - Lap Swim (3) Pool - Open Swim (2)	Pool - Lap Swim (3) Pool - Open Swim (2)	Pool - Lap Swim (5) Pool - Open Swim (3) Open 1/2 Gym The Zone	Pool - Lap Swim (5) Pool - Open Swim (3) Open Gym The Zone
2:00 p.m. - 3:00 p.m.	Pool - Lap Swim (2)	Pool - Lap Swim (2)	Pool - Lap Swim (2)	Pool - Lap Swim (3)	Pool - Lap Swim (2)	Pool - Lap Swim (5) Pool - Open Swim (3) Open 1/2 Gym The Zone	Pool - Lap Swim (4) Pool - Open Swim (3) Open Gym The Zone
3:00 p.m. - 4:00 p.m.	Pool - Lap Swim (3) Pool - Open Swim (2)	Pool - Lap Swim (3) Pool - Open Swim (2)	Pool - Lap Swim (3) Pool - Open Swim (2)	Pool - Lap Swim (3) Pool - Open Swim (2)	Pool - Lap Swim (3) Pool - Open Swim (2)	Pool - Lap Swim (5) Pool - Open Swim (3) Open 1/2 Gym The Zone	Pool - Lap Swim (4) Pool - Open Swim (3) The Zone
4:00 p.m. - 5:00 p.m.	Pool - Lap Swim (2) Pool - Open Swim (2)	Pool - Lap Swim (2) Pool - Open Swim (2)	Pool - Lap Swim (2) Pool - Open Swim (2)	Pool - Lap Swim (2) Pool - Open Swim (2)	Pool - Lap Swim (2) Pool - Open Swim (2)	Pool - Lap Swim (5) Pool - Open Swim (3) Open 1/2 Gym The Zone	Pool - Lap Swim (4) Pool - Open Swim (3) The Zone
5:00 p.m. - 6:00 p.m.	Pool - Lap Swim (2) Pool - Open Swim (2) Open 1/2 Gym Climbing Wall	Pool - Lap Swim (2) Pool - Open Swim (2) Open 1/2 Gym Climbing Wall	Pool - Lap Swim (2) Pool - Open Swim (2) Open 1/2 Gym Climbing Wall Kidz Fit	Pool - Lap Swim (2) Pool - Open Swim (2) Open 1/2 Gym Climbing Wall	Pool - Lap Swim (2) Pool - Open Swim (2) Open 1/2 Gym Climbing Wall		
6:00 p.m. - 7:00 p.m.	Pool - Lap Swim (2) Pool - Open Swim (2) Open Basketball The Zone Climbing Wall	Pool - Lap Swim (2) Pool - Open Swim (2) The Zone	Pool - Lap Swim (2) Pool - Open Swim (2) Open Basketball The Zone Climbing Wall	Pool - Lap Swim (2) Pool - Open Swim (2) The Zone Climbing Wall	Pool - Lap Swim (4) Pool - Open Swim (2) Open Basketball The Zone Climbing Wall		
7:00 p.m. - 8:00 p.m.	Pool - Lap Swim (2) Pool - Open Swim (2) Open Basketball The Zone	Pool - Lap Swim (2) Pool - Open Swim (2) The Zone	Pool - Lap Swim (3) Pool - Open Swim (2) Open Basketball The Zone	Pool - Lap Swim (2) Pool - Open Swim (2) The Zone	Pool - Lap Swim (3) Pool - Open Swim (2) Open Basketball The Zone		
8:00 p.m. - 10:00 p.m.	Pool - Lap Swim (5) Pool - Open Swim (3) Open Basketball	Pool - Lap Swim (5) Pool - Open Swim (3)	Pool - Lap Swim (5) Pool - Open Swim (3) Open Basketball	Pool - Lap Swim (5) Pool - Open Swim (3)	Pool - Lap Swim (5) Pool - Open Swim (3) Open Basketball		

Children 12 and under must have a parent/guardian in the building at all times.

Open Gym - Open gyms for all members

Open Swim - Open Recreation areas available

Lap Swim - Open lap swimming

The Zone - Enjoys video games, pool table, air hockey and more, including the NEW Strength Zone!

Open Basketball - Open for all members. One court reserved for pick up games.

Climbing Wall - Try scaling our 24 foot rock wall! Reserve a spot at the Welcome Center.

Kidz Fit - Fun filled active class that offers a variety of exercises.

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