



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

POOL SCHEDULE

VICTORY FAMILY YMCA

November 7, 2011 -February 17, 2012

The numbers in () below indicate how many lanes may 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.	(3) Lap Lanes (3) Master Swim Team (2) Water Aerobics 6:00-7:00a.m.	(3) Lap Lanes (3) Master Swim Team (2) Water Aerobics 6:00-7:00a.m.	(3) Lap Lanes (3) Master Swim Team (2) Water Aerobics 6:00-7:00a.m.	(3) Lap Lanes (3) Master Swim Team (2) Water Aerobics 6:00-7:00a.m.	(3) Lap Lanes (3) Master Swim Team (2) Water Aerobics 6:00-7:00a.m.		
7:00 a.m.- 8:00 a.m.	(6) Lap Lanes (2) Open Recreation	(6) Lap Lanes (2) Open Recreation	(6) Lap Lanes (2) Open Recreation	(6) Lap Lanes (2) Open Recreation	(6) Lap Lanes (2) Open Recreation	(5) Lap Lanes (3) Master Swim Team	
8:00 a.m. - 9:00 a.m.	(3) Lap Lanes (1) Open Recreation (4) Water Aerobics 8:00-8:55a.m.	(3) Lap Lanes (1) Open Recreation (4) Water Aerobics 8:00-8:55a.m.	(3) Lap Lanes (1) Open Recreation (4) Water Aerobics 8:00-8:55a.m.	(3) Lap Lanes (1) Open Recreation (4) Water Aerobics 8:00-8:55a.m.	(3) Lap Lanes (1) Open Recreation (4) Water Aerobics 8:00-8:55a.m.	(1) Lap Lanes (7) Swim Lessons	
9:00 a.m. - 10:00 a.m.	(3) Lap Lanes (1) Open Recreation (4) Water Aerobics 9:00-9:55a.m.	(3) Lap Lanes (1) Open Recreation (4) Water Aerobics 9:00-9:55a.m.	(3) Lap Lanes (1) Open Recreation (4) Water Aerobics 9:00-9:55a.m.	(3) Lap Lanes (1) Open Recreation (4) Water Aerobics 9:00-9:55a.m.	(1) Mary Immaculate (3) Lap Lanes (4) Water Aerobics 9:00-9:55a.m.	(1) Lap Lanes (7) Swim Lessons	
10:00 a.m.- 11:00 a.m.	(3) Lap Lanes (1) Open Recreation (4) Water Aerobics 10:00-10:55a.m.	(5) Lap Lanes (2) Open Recreation (1) Mary Immaculate	(3) Lap Lanes (1) Open Recreation (4) Water Aerobics 10:00-10:55a.m.	(6) Lap Lanes (2) Open Recreation	(1) Mary Immaculate (3) Lap Lanes (4) Water Aerobics 10:00-10:55a.m.	(1) Lap Lanes (7) Swim Lessons	
11:00 a.m. - 12:00 p.m.	(2) Lap Lanes (3) Master Swim Team (3) Water Aerobics 11:00-11:45a.m.	(5) Lap Lanes (2) Open Recreation (1) Mary Immaculate	(3) Lap Lanes (2) Open Recreation (3) Master Swim Team	(6) Lap Lanes (2) Open Recreation	(2) Master Swim Team (1) Mary Immaculate (3) Lap Lanes (2) Open Recreation	(1) Lap Lanes (7) Swim Lessons 8:00a.m.-12:00p.m.	
12:00 p.m. - 1:00 p.m.	(6) Lap Lanes (2) Open Recreation	(2) Swim Lessons (3) Lap Lanes (2) Open Recreation (1) Mary Immaculate	(6) Lap Lanes (2) Open Recreation	(2) Swim Lessons (4) Lap Lanes (2) Open Recreation	(5) Lap Lanes (2) Open Recreation (1) Mary Immaculate	(5) Lap Lanes (3) Open Recreation 12:00-4:30p.m. Birthday Parties	POOL OPENS AT 1:00 P.M.
1:00 p.m. - 2:00 p.m.	(6) Lap Lanes (2) Open Recreation	(2) Swim Lessons (3) Lap Lanes (2) Open Recreation (1) Mary Immaculate	(6) Lap Lanes (2) Open Recreation	(2) Swim Lessons (4) Lap Lanes (2) Open Recreation	(5) Lap Lanes (2) Open Recreation (1) Mary Immaculate	(5) Lap Lanes (3) Open Recreation 12:00-4:30p.m. Birthday Parties	(5) Lap Lanes (3) Open Recreation 1:00-4:30p.m. Birthday Parties
2:00 p.m. - 3:00 p.m.	(4) GHS Swim Team (2) Lap Lanes (2) Open Recreation	(4) GHS Swim Team (2) Lap Lanes (2) Open Recreation	(4) GHS Swim Team (2) Lap Lanes (2) Open Recreation	(4) GHS Swim Team (2) Lap Lanes (2) Open Recreation	(4) GHS Swim Team (2) Lap Lanes (2) Open Recreation	(5) Lap Lanes (3) Open Recreation 12:00-4:30p.m.	(4) Lap Lanes (3) Open Recreation 1:00-4:30p.m. (1) Smart Swim 3:30-4:30p.m.
3:00 p.m. 4:00 p.m.	(4) GHS Swim Team (2) Lap Lanes (2) Open Recreation	(4) GHS Swim Team (2) Lap Lanes (2) Open Recreation	(4) GHS Swim Team (2) Lap Lanes (2) Open Recreation	(4) GHS Swim Team (2) Lap Lanes (2) Open Recreation	(4) GHS Swim Team (2) Lap Lanes (2) Open Recreation	POOL CLOSES AT 4:30 P.M.	(5) Lap Lanes (3) Open Recreation
4:00 p.m. 5:00 p.m.	(2) Lap Lanes (2) Open Recreation (4) Swim Lessons	(2) Lap Lanes (2) Open Recreation (4) Swim Lessons	(2) Lap Lanes (2) Open Recreation (4) Swim Lessons	(2) Lap Lanes (2) Open Recreation (4) Swim Lessons	(6) Lap Lanes (2) Open Recreation		POOL CLOSES AT 5:30 P.M.
5:00 p.m. 6:45 p.m.	(2) YMCA Swim Team (1) Lap Lanes (1) Open Recreation (4) Swim Lessons	(3) YMCA Swim Team (1) Lap Lanes (4) Swim Lessons	(3) YMCA Swim Team (1) Lap Lanes (4) Swim Lessons	(3) YMCA Swim Team (1) Lap Lanes (4) Swim Lessons	(3) YMCA Swim Team (3) Lap Lanes (2) Open Recreation		
6:45 p.m. 7:45 p.m.	(3) Water Aerobics (3) Lap Lanes (2) Open Recreation	(3) YMCA Swim Team (3) Water Aerobics (1) Lap Lanes (1) Open Recreation	(3) YMCA Swim Team (3) Water Aerobics (1) Lap Lanes (1) Open Recreation	(3) YMCA Swim Team (3) Water Aerobics (1) Lap Lanes (1) Open Recreation	(3) YMCA Swim Team (3) Water Aerobics (1) Lap Lanes (1) Open Recreation		
7:45 p.m. - 9:30 p.m.	(4) THS Swim Team (2) Lap Lanes (1) Open Recreation (1) Swim Lessons	(4) THS Swim Team (2) Lap Lanes (1) Open Recreation (1) Trim Kids	(4) THS Swim Team (2) Lap Lanes (1) Open Recreation (1) Swim Lessons	(4) THS Swim Team (2) Lap Lanes (1) Open Recreation (1) Trim Kids	(4) THS Swim Team (2) Lap Lanes (1) Open Recreation Pool Closes at 8:30pm	* The spa closes at 7pm on Wednesday evenings for cleaning purposes.	

It is recommended that you consult your physician prior to starting any exercise program.

101 Long Green Boulevard, Yorktown, VA 23693 757 867 3300

A branch of Peninsula Metropolitan YMCA

Last Revised:

1/25/2012