



**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

POOL SCHEDULE

DANVILLE FAMILY YMCA

Pool Schedule Fall # 1 2017	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Schedule Begins Monday, Aug 7 th Ends Sunday Oct 1 st .	5:30-8:45 Lap Swim (all lanes)	5:30-8:45 Lap Swim (all lanes)	5:30-8:45 Lap Swim (all lanes)	5:30 -8:45 Lap Swim (all lanes)	5:30-8:45 Lap Swim (all lanes)		
Lap Swim Asterisk denotes lap swim available.	9:00-10:00 Water Aerobics	9:00-10:00 Aqua Dance	9:00-10:00 Water Aerobics	9:00-10:00 Aqua Dance	9:00-10:00 Water Aerobics	9:00 – 10:00 Water Aerobics *	12:10-1:10 Averett Athletics
If there are more than 30 open swimmers in the pool only two (2) lanes will be put out	10:00-10:45 Water Rehab *	10:00-11:00 Youth Lessons	10:00-10:45 Water Rehab *	10:00-11:00 Youth Lessons	10:00-10:45 Water Rehab *	10:20- 11:00 Youth swim lessons	1:15 – 3:15 Lap/Open Swim
	10:45 –1:30 Lap/Open Swim	11:15 -5:45 Lap/Open Swim	10:45- 1:30 Lap/Open Swim	11:00-5:45 Lap/Open Swim	11:00-6:00 Lap/Open Swim	11:05- 11:45 Adult Lessons	3:30 – 4:30 Pool Rentals
If there is any class that does not meet the minimum numbers, that class will be canceled. A class must average 8 participants to continue.	1:50- 3:15 Averett Class	6:00-7:00 Preseason Swim	1:50- 3:15 Averett Class	6:00 – 7:00 Preseason Swim	6:30-7:10 Youth Lessons 3-5 yrs. old	12:00 – 2:15 Lap/Open Swim	
	3:30-6:30 Lap/Open Swim	7:00 – 8:00 Water Aerobics *	3:30-6:30 Lap/Open Swim	7:00 – 8:00 Water Aerobics *	7:15-7:55 Youth Lessons 5-15	2:30 – 5:15 Pool Rentals	
	6:30-7:30 Preseason Swim	8:00 – 9:00 Master Swim	6:30-7:30 Preseason Swim	8:00 – 9:00 Master Swim (self-paced)			
BANDS WILL BE USED ON ALL SWIMMERS 13 AND UNDER: RED BAND = RESTRICTIONS GREEN BAND = NO RESTRICTIONS	7:30-8:00 Lap Swim		8:00-9:00 Averett Athletics				