



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

POOL SCHEDULE

DANVILLE FAMILY YMCA

Pool Schedule Fall # 2 2017	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Schedule Begins Monday, Oct 2nd Ends Sunday Dec 3rd	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	9:00-9:00 Water Aerobics	9:00 – 10:00 Water Aerobics *	12:10-1:10 Averett Athletics
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.	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 -5:15 Lap/Open Swim	10:45- 1:30 Lap/Open Swim	11:00-5:15 Lap/Open Swim	11:00-6:15 Lap/Open Swim	11:05- 11:45 Adult Lessons	3:30 – 4:30 Pool Rentals
	1:50- 3:15 Averett Class	5:30 -7:00 River Otters	1:50- 3:15 Averett Class	5:30 – 7:00 River Otters	6:30-7:10 Youth Lessons 3-5 yrs. old	12:00 – 2:15 Lap/Open Swim	
BANDS WILL BE USED ON ALL SWIMMERS 13 AND UNDER: RED BAND = RESTRICTIONS GREEN BAND = NO RESTRICTIONS	3:30-6:00 Lap/Open Swim	7:00 – 8:00 Water Aerobics *	3:30-6:00 Lap/Open Swim	7:00 – 8:00 Water Aerobics *	7:15-7:55 Youth Lessons 5-15	2:30 – 5:15 Pool Rentals	
	6:00 - 7:30 River Otters	8:15 – 9:15 G.W. Swim	6:00 -8:00 G.W. Swim	8:00 – 9:15 G.W. Swim			
	Master Swim 7:45 – 8:45		8:00-9:00 Averett Athletics				