



Danville Family YMCA Pool Schedule October 7, 2024 - November 10, 2024



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 – 8:45 Lap Swim (5) Open Swim (1)	6:00 – 8:45 Lap Swim (5) Open Swim (1)	6:00 – 8:45 Lap Swim (5) Open Swim (1)	6:00 – 8:45 Lap Swim (5) Open Swim (1)	6:00 – 8:45 Lap Swim (5) Open Swim (1)		
9:00 - 10:00 WATER AEROBICS (ALL LANES)	9:00 - 10:00 WATER AEROBICS Lap Swim (1) *	9:00 - 10:00 WATER AEROBICS (ALL LANES)	9:00 - 10:00 WATER AEROBICS Lap Swim (1) *	9:00 - 10:00 WATER AEROBICS (ALL LANES)	8:30 - 9:30 WATER AEROBICS Lap Swim (1)*	
10:15 - 11:00 AQUA STRETCH (3) Lap Swim (3)	10:15 - 12:00 Lap Swim (3) Open Swim (3)	10:15 - 11:00 AQUA STRETCH (3) Lap Swim (3)	10:15 - 12:00 Lap Swim (3) Open Swim (3)	10:15 - 11:00 AQUA STRETCH (3) Lap Swim (3)	9:45 - 11:15 GROUP SWIM LESSONS (ALL LANES)	12:00 - 1:00 AVERETT (ALL LANES)
11:00 - 6:45 Lap Swim (3) Open Swim (3)	12:00 - 12:30 AVERETT (2) Lap Swim (1) Open Swim (3)	11:00 - 6:45 Lap Swim (3) Open Swim (3)	12:00 - 12:30 AVERETT (2) Lap Swim (1) Open Swim (3)	11:00 - 5:45 Lap Swim (3) Open Swim (3)	11:30 - 2:30 Lap Swim (3) Open Swim (3)	1:00 - 3:00 Lap Swim (3) Open Swim (3)
7:00 - 8:00 POOL MAINTENANCE	12:30 - 6:45 Lap Swim (3) Open Swim (3)	7:00 - 8:00 AVERETT (ALL LANES)	12:30 - 6:45 Lap Swim (3) Open Swim (3)	6:00 - 8:15 GROUP SWIM LESSONS (ALL LANES)	2:45 - 5:00 PARTY RENTALS (ALL LANES)	3:15 - 5:00 PARTY RENTALS (ALL LANES)
	7:00 - 8:00 WATER AEROBICS Lap Swim (1)		7:00 - 8:00 WATER AEROBICS Lap Swim (1)			

Pool Schedule and available lanes are subject to change based on facility availability

**** If classes exceed 40 participants, lap lane will be closed during water aerobics****

WATER AEROBICS - Instructor led classes for all ages and abilities. Classes are designed to positively affect strength, endurance, mobility and balance. Our instructors offer modified versions of their workouts for individuals who may need a slightly easier workout and those who like to push themselves.

AQUA STRETCH - Slower paced water workout focused on flexibility, stretching, balance and range of movement. Perfect for anyone coming back to water workouts after surgery, orthopedic rehab and cardiac rehab.

GROUP SWIM LESSONS - During this time we do group swim lessons ages 3-6 years old, 7-14 years old and adults are ages 15 years and up.

AVERETT - Averett's teams will utilize the pool for training/conditioning.

PARTY RENTALS - This time is reserved for private parties.

MAINTENANCE - This time is reserved for pool cleaning, maintenance and lifeguard training.

Lap Swim Etiquette:

No lap swimmer is entitled to a private lane. Lap lanes are capable of serving more than 2 people at a time. Just as a courtesy, notify all swimmers in a lane before you enter and begin swimming.

When a third swimmer enters a lane, all swimmers should circle swim using a counter clockwise pattern.

A lifeguard may ask you to move to another lane.

PLEASE comply, as this will make swimming safer and more enjoyable for all.

Thank You and Enjoy Your Swim!

Danville Family YMCA (434) 792-0621