



Danville Family YMCA Pool Schedule September 8th, 2025 - October 5th, 2025



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 (ALL LANES)	9:00 - 10:00 WATER AEROBICS (ALL LANES)	9:00 - 10:00 WATER AEROBICS (ALL LANES)	9:00 - 10:00 WATER AEROBICS (ALL LANES)	8:30 - 9:30 WATER AEROBICS Lap Swim (1)*	
10:15 - 11:00 AQUA STRETCH Lap Swim (3)	10:15 - 6:45 Lap Swim (3) Open Swim (3)	10:15 - 11:00 AQUA STRETCH Lap Swim (3)	10:15 - 6:45 Lap Swim (3) Open Swim (3)	10:15 - 11:00 AQUA STRETCH Lap Swim (3)	9:45 - 11:15 GROUP LESSONS (ALL LANES)	12:00-1:00 AVERETT (ALL LANES)
11:00 - 6:45 Lap Swim (3) Open Swim (3)	7:00 - 8:00 WATER AEROBICS Lap Swim (1) *	11:00 - 6:45 Lap Swim (3) Open Swim (3)	7:00 - 8:00 WATER AEROBICS Lap Swim (1) *	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 LIFEGUARD TRAINING		7:00 - 8:00 AVERETT (ALL LANES)		6:00 - 7:30 GROUP LESSONS (ALL LANES)	2:45 - 5:30 PARTY RENTALS (ALL LANES)	3:15 - 4:30 PARTY RENTALS (ALL LANES)

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

*** If classes exceed 35 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.

AVARETT - Team practices and conditioning.

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.

PARTY RENTALS - This time is reserved for private parties.

LIFEGUARD TRAINING - lifeguards train and work on their skills.

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