



## Danville Family YMCA Pool Schedule June 1, 2026 - July 31, 2026

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 <b>WATER AEROBICS</b> (ALL LANES)	9:00 - 10:00 <b>WATER AEROBICS</b> (ALL LANES)	9:00 - 10:00 <b>WATER AEROBICS</b> (ALL LANES)	9:00 - 10:00 <b>WATER AEROBICS</b> (ALL LANES)	9:00 - 10:00 <b>WATER AEROBICS</b> (ALL LANES)	8:30 - 9:30 <b>WATER AEROBICS</b> Lap Swim (1)	
10:00 - 11:00 <b>GROUP LESSONS</b> (ALL LANES)	10:00 - 11:00 <b>GROUP LESSONS</b> (ALL LANES)	10:00 - 11:00 <b>GROUP LESSONS</b> (ALL LANES)	10:00 - 11:00 <b>GROUP LESSONS</b> (ALL LANES) *6/25-7/23*	10:15 - 12:30 Lap Swim (3) Open Swim (3)	9:45 - 11:15 <b>GROUP LESSONS</b> (ALL LANES)	12:00 - 12:45 <b>DEEP CLEANING</b> <b>LG TRAINING</b>
11:15 - 12:30 Lap Swim (3) Open Swim (3)	11:15 - 12:30 Lap Swim (3) Open Swim (3)	11:15 - 12:30 Lap Swim (3) Open Swim (3)	11:15 - 12:30 Lap Swim (3) Open Swim (3)	1:00 - 4:30 <b>GROUP RENTALS</b> (ALL LANES)	11:30 - 2:30 Lap Swim (3) Open Swim (3)	1:00 - 3:00 Lap Swim (3) Open Swim (3)
1:00 - 4:30 <b>GROUP RENTALS</b> (ALL LANES)	1:00 - 4:30 <b>GROUP RENTALS</b> (ALL LANES)	1:00 - 4:30 <b>GROUP RENTALS</b> (ALL LANES)	1:00 - 4:30 <b>GROUP RENTALS</b> (ALL LANES)	5:00 - 5:45 Lap Swim (3) Open Swim (3)	2:45 - 5:30 <b>PARTY RENTALS</b> (ALL LANES)	3:15 - 4:30 <b>PARTY RENTALS</b> (ALL LANES)
5:00 - 6:45 Lap Swim (3) Open Swim (3)	5:00 - 5:45 Lap Swim (3) Open Swim (3)	5:00 - 6:45 Lap Swim (3) Open Swim (3)	5:00 - 5:45 Lap Swim (3) Open Swim (3)	6:00 - 7:30 <b>GROUP LESSONS</b> (ALL LANES)		
7:00 - 8:00 <b>DEEP CLEANING/</b> <b>LG TRAINING</b>	6:00 - 6:45 <b>PARENT/TOT</b> (3) Lap Swim (3)	7:00 - 8:00 <b>DEEP CLEANING/</b> <b>LG TRAINING</b>	6:00 - 6:45 <b>PARENT/TOT</b> (3) Lap Swim (3)	7:30 - 8:30 <b>DEEP CLEANING/</b> <b>LG TRAINING</b>		
	7:00 - 8:00 <b>WATER AEROBICS</b> Lap Swim (1)		7:00 - 8:00 <b>WATER AEROBICS</b> Lap Swim (1)			

**\*SCHEDULE AND AVAILABLE LANES ARE SUBJECT TO CHANGE BASED ON FACILITY AVAILABILITY\***

**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.**

**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.**

**PARENT/TOT LESSONS - Swim lessons for children ages 6 months-3 years. Children will get in the pool with their parent/guardian and our instructor. They will learn basics and water safety while having fun and singing songs with Elmo!**

**PARTY RENTALS - This time is reserved for private parties.**

**GROUP RENTALS - This time is set aside for childcare/daycare groups to use utilize the pool for open swim.**

**DEEP CLEANING/ LG TRAINING - Pool will be closed for deep cleaning and/or 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**