



Danville Family YMCA Pool Schedule October 5th, 2026 - November 1st, 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 – 8:45 Lap Swim (4) Open Swim (2)	6:00 – 8:45 Lap Swim (4) Open Swim (2)	6:00 – 8:45 Lap Swim (4) Open Swim (2)	6:00 – 8:45 Lap Swim (4) Open Swim (2)	6:00 – 8:45 Lap Swim (4) Open Swim (2)		
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 (3 LANES) Lap Swim (3)	10:15 - 6:45 Lap Swim (3) Open Swim (3)	10:15 - 11:00 AQUA STRETCH (3 LANES) Lap Swim (3)	10:15 - 6:45 Lap Swim (3) Open Swim (3)	10:15 - 11:00 AQUA STRETCH (3 LANES) Lap Swim (3)	9:45 - 11:15 GROUP LESSONS (ALL LANES)	12:00 - 12:45 DEEP CLEANING LG TRAINING
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 DEEP CLEANING/ LG TRAINING	8:15 - 9:00 DEEP CLEANING/ LG TRAINING	7:00 - 8:00 DEEP CLEANING/ LG TRAINING	8:15 - 9:00 DEEP CLEANING/ LG TRAINING	6:00 - 7:30 GROUP LESSONS (ALL LANES)	2:45 - 5:30 PARTY RENTALS (ALL LANES)	3:15 - 4:30 PARTY RENTALS (ALL LANES)

SCHEDULE AND AVAILABLE LANES ARE SUBJECT TO CHANGE. LAP LANE MAY BE CLOSED IF WATER AEROBICS CLASSES EXCEED 35 PARTICIPANTS (SATURDAY MORNING, TUESDAY EVENING AND THURSDAY EVENING CLASSES)

WATER AEROBICS - Instructor led class 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.(ALL LANES FOR MONDAY-FRIDAY MORNING, 1 LAP LANE AVAILABLE FOR SATURDAY MORNING, TUESDAY EVENING AND THURSDAY EVENING, UNLESS CLASS EXCEEDS 35 PEOPLE)

AQUA STRETCH - Instructor led class for all ages and abilities. A slower paced water exercise class focused on balance, stretching and relaxation. (3 LANES)

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.(ALL LANES)

PARTY RENTALS - This time is reserved for private parties. (ALL LANES)

GROUP RENTALS - This time is set aside for childcare/daycare groups to utilize the pool for open swim. (ALL LANES)

DEEP CLEANING/ LG TRAINING - Pool will be closed for deep cleaning and/or lifeguard training. (ALL LANES)

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