


Downtown YMCA Family Pool

August 14th-October 31st

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Early AM	Open Swim 5:30-7:00	Open Swim 5:30-7:00	Open Swim 5:30-7:00	Open Swim 5:30-7:00	Open Swim 5:30-7:00		
AM	Cardio Combo 7:00-8:00	H2yOga 7:00-8:00	Cardio Combo 7:00-8:00	H2yOga 7:00-8:00	Cardio Combo 7:00-8:00	Open Swim 7:00-8:00	Open Swim 1:00-5:45
	Active Seniors 8:00-9:00	Deep H2O 8:00-9:00	Active Seniors 8:00-9:00	Deep H2O 8:00-9:00	Active Seniors 8:00-9:00	Deep H2O 8:00-9:00	
	Aqua Motion 9:00-10:00	Y PreK Lessons 9:30-10:30 (shallow end)	Arthritic H2O 9:00-10:00	Y PreK Lessons 9:30-10:30 (shallow end)	Arthritic H2O 9:00-10:00	Swim Lessons 9:00-12:00 (entire pool) Begins Aug. 21	
	Arthritic H2O 10:00-11:00	Open Swim 10:30-5:30	Aqua Motion 10:00-11:00	Open Swim 10:30-5:30	Aqua Motion 10:00-11:00		
Mid-Day	Open Swim 11:00-5:30pm		Open Swim 11:00-5:30pm		Open Swim 11:00-7:45	Open Swim 12:00-7:45	
PM	Cardio Combo 5:30-6:30	Deep H2O 5:30-6:30	Cardio Combo 5:30-6:30	Deep H2O 5:30-6:30		 <p>Puddles visits the Family Pool each Saturday & Sunday from 2:00-5:00pm</p>	
	Open Swim 6:30-9:45	Swim Lessons 6:30-8:30pm (entire pool) Begins Aug. 21	Open Swim 6:30-9:45	Swim Lessons 6:30-8:30pm (entire pool) Begins Aug. 21	Open Swim 8:30-9:45		

Family Pool Operating Hours

Mon-Thurs: 5:30am-9:45pm

Friday: 5:30am-7:45pm

Saturday: 7am-5:45pm

Sunday: 1pm-5:45pm

Temp: 86°-88°

Please visit our website for more info on our programs at www.lynchburgymca.org

Aquatics Coordinator: Ash Coleman
E-mail: ashcoleman@lynchburgymca.org
OR call 847-5597

Special Notices and Considerations

- (shallow end/entire pool) denotes which areas of the pool are closed to non-participants during scheduled programs.
- Saturday swim lesson session dates: Aug. 21-Oct. 2, Oct. 9-Nov. 20
- Tue/Thu swim lesson session dates: Aug. 31-Sep. 23, Sep. 28-Oct. 21, Oct. 26-Nov. 18
- Swim Lessons available for participants 6 months-adult. See front desk for more info!
- Please Remember, pool is open during Water Fitness classes, however we ask that non-participants be quiet and courteous during class time.

Schedule subject to change.
Check back periodically for updates.
Last Updated: 08/11/10

Downtown YMCA Lap Pool

August 14th– October 31st

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
Early AM	LY Swim Team 5:30–7:00 (6) Begins Aug. 30	Open Swim 5:30–3:45	Open Swim 5:30–11:00	Open Swim 5:30–11:00	Open Swim 5:30–11:00				
AM	Open Swim 7:00–11:00							Open Swim 7:00–5:45	
Mid-Day	Masters 11:00–12:00 (6) Ends Aug. 26		Masters 11:00–12:00 (6)	Masters 11:00–12:00 (6) Ends Aug. 26	Masters 11:00–12:00 (6)		Open Swim 1:00–5:45		
	Open Swim 12:00–2:00pm		Open Swim 12:00–2:00pm	Open Swim 12:00–3:45	Open Swim 12:00–7:45				
PM	CVCC 2:00–2:50pm (3) Begins Aug. 23		CVCC 2:00–2:50pm (3) Begins Aug. 23						
	Open Swim 2:50–3:45pm		Open Swim 2:50–3:45pm						
	LY Swim Team 3:45–5:45 (6) Begins Sep. 13		LY Swim Team 3:45–5:45 (6) Begins Sep. 13					LY Swim Team 3:45–5:45 (6) Begins Sep. 13	LY Swim Team 3:45–5:45 (6) Begins Sep. 13
	LY Swim Team 5:45–6:15 (4) Begins Sep. 13		LY Swim Team 5:45–6:15 (4) Begins Sep. 13					LY Swim Team 5:45–6:15 (4) Begins Sep. 13	LY Swim Team 5:45–6:15 (4) Begins Sep. 13
	Open Swim 6:15–9:45	Open Swim 6:15–9:45	Open Swim 6:15–9:45	Open Swim 6:15–9:45					



Lap Pool Operating Hours

Mon–Thurs: 5:30am–9:45pm

Friday: 5:30am–7:45pm

Saturday: 7am–5:45pm

Sunday: 1pm–5:45pm

Temp: 80°–82°

Number of lanes: 6

Please visit our website for more info on our programs at www.lynchburgymca.org

Special Notices and Considerations

- (#) = number of lanes being used for activity
- If crowded, sharing of lanes is required
- Circle swimming is required
- Minimum age for participants in lap pool is 12 years old, unless directly supervised by an adult for the purpose of lap swimming
- Participants of any age may swim in lap pool when family pool is closed, at the discretion of the Lifeguard on duty