

ALTAVISTA AREA YMCA

FALL / WINTER 2008/2009 POOL SCHEDULE

EFFECTIVE SEPTEMBER 2, 2008

TOWELS ARE NOT PROVIDED

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:45-8:30 Lap Swim	7:30-8:20 Low-Impact Fitness	6:45-8:30 Lap Swim	7:30-8:20 Low-Impact Fitness	6:45-8:30 Lap Swim	CLOSED	1:30-2:30 Open
8:30-9:20 Shallow Water Fitness	8:30-9:20 Deep Water Fitness	8:30-9:20 Shallow Water Fitness	8:30-9:20 Deep Water Fitness	8:30-9:20 Shallow Water Fitness	CLOSED	2:45-4:30 Family Swim
9:30-1:00 Open 2 Lanes/Laps	9:30-1:00 Open 2 Lanes/Laps	9:30-1:00 Open 2 Lanes/Laps	9:30-1:00 Open 2 Lanes/Laps	9:30-1:00 Open 2 Lanes/Laps		
1:00-3:30 CLOSED	1:00-3:00 CLOSED	1:00-3:30 CLOSED	1:00-3:00 CLOSED	1:00-3:00 CLOSED		
3:30-4:45 Swim Team	3:00-4:30 Open 3:45-4:25 Childcare Swim	3:30-4:45 Swim Team	3:00-4:30 Open 3:45-4:25 Childcare Swim	3:00-5:00 Open		
4:45-5:30 Lessons	4:30-5:45 Swim Team	4:45-5:30 Lessons	4:30-5:45 Swim Team	3:30-4:15 Childcare Swim		
5:45-6:35 Shallow Water Fitness	5:45-6:45 Lap Swim	5:45-6:35 Shallow Water Fitness	5:45-6:45 Lap Swim	5:45-6:35 Shallow Water Fitness		
6:45-8:00 Family Swim	6:45-8:00 Family Swim	6:45-8:00 Family Swim	6:45-8:00 Family Swim	6:45-8:00 Family Swim		
CLOSED	CLOSED	CLOSED	CLOSED	CLOSED		

- LAP SWIM – Swimmers ages 15 & older may use this time for serious lap swimming or exercise.

- LAP SWIMMERS – *As long as the lifeguard decides adequate space is available*, laps may also be swam during Open Swim and Family Swim.

- OPEN SWIM – Children ages 10 & older may swim without an adult during Open Swim.

- FAMILY SWIM – Swimmers must be at least 16 years old to swim alone during Family Swim.

- WATER AEROBICS – A 50-minute exercise class designed to give participants a cardiovascular workout while strengthening muscles and improving flexibility and balance. (Non-Fitness Center members are required to purchase an aerobics punch-card)