

ALTAVISTA AREA YMCA

FALL / WINTER 2011/2012 POOL SCHEDULE

EFFECTIVE AUGUST 22, 2011

TOWELS ARE NOT PROVIDED

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|---|---|---|---|--|
| 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 |
| 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 |
| 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 | <u>SUNDAY</u> |
| | 3:00-4:30 Open | | 3:00-4:30 Open | 3:00-5:00 Open | 1:30-2:30 Open |
| 3:30-4:45 Swim Team | 3:45-4:25 Childcare Swim | 3:30-4:45 Swim Team | 3:45-4:25 Childcare Swim | 3:30-4:15 Childcare Swim | 2:45-4:30 Family Swim |
| 4:45-5:30 Lessons | 4:30-5:45 Swim Team | 4:45-5:30 Lessons | 4:30-5:45 Swim Team | | |
| 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 age 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-Wellness Center members are required to purchase an aerobic punch-card.)