

# ALTAVISTA AREA YMCA

## FALL / WINTER 2010/2011 POOL SCHEDULE

EFFECTIVE AUGUST 23, 2010

TOWELS ARE NOT PROVIDED

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