



November 1–March 31 Danville Family YMCA Pool Schedule

SUN	MON	TUES	WED	THURS	FRI	SAT
	5:15–8:50 Lap (4) Walking/Open Exercise (2)	5:15–8:50 Lap (4) Walking/Open Exercise (2)	5:15–8:50 Lap (4) Walking/Open Exercise (2)	5:15–8:50 Lap (4) Walking/Open Exercise (2)	5:15–8:50 Lap (4) Walking/Open Exercise (2)	6:45–8:50 Lap (4) Walking/Open Exercise (2)
	9:00–9:30 Water Stretch & Balance (5) Lap (1)	9:00–10:00 Aqua Power Hour (5) Lap (1)	9:00–9:30 Water Stretch & Balance (5) Lap (1)	9:00–10:00 Aqua Power Hour (5) Lap (1)	9:00–9:30 Water Stretch & Balance (5) Lap (1)	9:00–10:00 H2O Deep (4) Lap (2)
	9:30–10:30 Water in Motion (5) Lap (1)		9:30–10:30 Water in Motion Strength (5) Lap (1)		9:30–10:30 Water in Motion (5) Lap (1)	
	10:45–1:00 Open Swim (3) Lap (3)	10:15–4:20 Open Swim (3) Lap (3)	10:45–1:00 Open Swim (3) Lap (3)	10:15–4:20 Open Swim (3) Lap (3)	10:45–1:00 Open Swim (3) Lap (3)	10:15–2:45 Open Swim (3) Lap (3)
1:15–3:45 Open Swim (3) Lap Swim (3)	1:00–4:00 Closed		1:00–4:00 Closed		1:00–4:00 Closed	
	4:00–4:50 Open Swim (3) Lap (3)		4:00–4:50 Open Swim (3) Lap (3)		4:00–5:00 Open Swim (3) Lap (3)	
	5:00–6:00 Burst Fit (3) Adult Lap (3)	4:30–6:00 Swim Lessons (3) Adult Lap (3)	5:00–6:00 Burst Fit (3) Adult Lap (3)	4:30–6:00 Swim Lessons (3) Adult Lap (3)		
	6:00–7:00 Swim Team (5) Lap (1)	6:00–7:00 Swim Team (5) Swim Lessons (1) Lap (0)	6:00–7:00 Swim Team (5) Lap (1)	6:00–7:00 Swim Team (4) Swim Lessons (2) Lap (0)	5:00–6:45 Swim Team (3)	
	7:00–7:45 Swim Team (4) Open Swim (1) Lap (1)	7:00–7:45 Swim Team (4) Open Swim (1) Lap (1)	7:00–7:45 Swim Team (4) Open Swim (1) Lap (1)	7:00–7:45 Swim Team (4) Open Swim (1) Lap (1)	5:00–6:45 Open Swim (2) Lap (1)	

Parentheses indicates number of lanes available for each activity. Please ask the lifeguard for what lanes are available.

Multiple activities are often scheduled in the pool at the same time. The schedule is subject to change at any time due to special programs.

During our Aquatics Programs (water exercise classes, swim lessons, swim team) the open spaces in the pool are not available for exercise or play due to insurance purposes and safety for our participants in those programs. Please do not swim through the programs to get to the lap lanes. Ask for assistance from the lifeguard if you must cross through so the instructors can stop their classes and be aware of others in their instructional space.

During swim team, the available lap lanes are the open lanes closest to the locker room ramps.

Due to youth programming, there are currently 0 lap lanes available on Thursdays from 6–7pm.