



# Danville Family YMCA Pool Schedule

## Starts 7/29/24

| MON   | TUES  | WED   | THURS   | FRI   | SAT   |
|---|---|---|---|---|---|
| 5:15-8:50<br>Lap (4)<br>Walking/Open Exercise (2)   | 5:15-8:50<br>Lap (4)<br>Walking/Open Exercise (2) | 5:15-8:50<br>Lap (4)<br>Walking/Open Exercise (2)   | 5:15-8:50<br>Lap (4)<br>Walking/Open Exercise (2) | 5:15-8:50<br>Lap (4)<br>Walking/Open Exercise (2)   | 6:45-8:50<br>Lap (4)<br>Walking/Open Exercise (2)             |
| 9:00-9:30<br>Water Stretch & Balance (5)<br>Lap (1) | 9:00-10:00<br>Aqua Power Hour (4)<br>Lap (2)      | 9:00-9:30<br>Water Stretch & Balance (5)<br>Lap (1) | 9:00-10:00<br>Aqua Power Hour (4)<br>Lap (2)      | 9:00-9:30<br>Water Stretch & Balance (5)<br>Lap (1) | 9:00-10:00<br>H2O Deep (5)<br>Parent/Child Lessons<br>Lap (1) |
| 9:30-10:30<br>Water in Motion (5)<br>Lap (1)        |   | 9:30-10:30<br>Water in Motion (5)<br>Lap (1)        |   | 9:30-10:30<br>Water in Motion (5)<br>Lap (1)        |   |
| 10:45-2:00<br>Open Swim (3)<br>Lap (3)              | 10:15-2:00<br>Open Swim (3)<br>Lap (3)            | 10:45-2:00<br>Open Swim (3)<br>Lap (3)              | 10:15-2:00<br>Open Swim (3)<br>Lap (3)            | 10:45-2:00<br>Open Swim (3)<br>Lap (3)              | 11:00-1:45<br>Open Swim (3)<br>Lap (3)                        |
| Camp Swim<br>2:00-3:00 (3)<br>Lap (3)               | Camp Swim<br>2:00-3:00 (3)<br>Lap (3)             | Camp Swim<br>2:00-3:00 (3)<br>Lap (3)               | Camp Swim<br>2:00-3:00 (3)<br>Lap (3)             | Camp Swim<br>2:00-3:00 (3)<br>Lap (3)               |   |
| 3:00-5:00<br>Open Swim (3)<br>Lap (3)               | 3:00-4:20<br>Open Swim (3)<br>Lap (3)             | 3:00-5:00<br>Open Swim (3)<br>Lap (3)               | 3:00-4:20<br>Open Swim (3)<br>Lap (3)             | 3:00-6:45<br>Open Swim (3)<br>Lap (3)               |   |
| 5:00-6:00<br>Burst Fit (3)<br>Adult Lap (3)         | 4:30-6:00<br>Swim Lessons (3)<br>Adult Lap (3)    | 5:00-6:00<br>Burst Fit (3)<br>Adult Lap (3)         | 4:30-6:00<br>Swim Lessons (3)<br>Adult Lap (3)    |   | Second Tuesday of the month are in-services from 6:30-close.  |
| 6:00-7:45<br>Family Swim<br>Lap (1)                 | 6:00-7:45<br>Family Swim<br>Lap (1)               | 6:00-7:45<br>Family Swim<br>Lap (1)                 | 6:00-7:45<br>Family Swim<br>Lap (1)               |   |   |

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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 or unusually large fitness classes.

During our Aquatics Programs (water exercise classes, swim lessons, swim team, camp swim) 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 be aware of others in their instructional space.

Family Swim in the evenings is adults over the age of 18 and dependent children for the household.