



Danville Family YMCA Pool Schedule

February 19, 2024 - May 5, 2024



(*) Denotes all lanes in use/(#) denotes number of lanes

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 – 8:45 Lap Swim (5) Open Swim (1)	6:00 – 8:45 Lap Swim (5) Open Swim (1)	6:00 – 8:45 Lap Swim (5) Open Swim (1)	6:00 – 8:45 Lap Swim (5) Open Swim (1)	6:00 – 8:45 Lap Swim (5) Open Swim (1)		
9:00 - 10:00 WATER AEROBICS *	9:00 - 10:00 WATER AEROBICS Lap Swim (1)	9:00 - 10:00 WATER AEROBICS *	9:00 - 10:00 WATER AEROBICS Lap Swim (1)	9:00 - 10:00 WATER AEROBICS *	8:30 - 9:30 WATER AEROBICS Lap Swim (1)	12:00 - 1:00 AVERETT *
10:15 - 6:45 Lap Swim (3) Open Swim (3)	10:15 - 6:45 Lap Swim (3) Open Swim (3) Averett 12:00-12:30 1-3 lap lanes	10:15 - 6:45 Lap Swim (3) Open Swim (3)	10:15 - 6:45 Lap Swim (3) Open Swim (3) Averett 12:00-12:30 1-3 lap lanes	10:15 - 5:45 Lap Swim (3) Open Swim (3)	9:45 - 11:15 GROUP SWIM LESSONS *	1:00 - 3:00 Lap Swim (3) Open Swim (3)
7:00 - 8:30 MAINTENANCE AVERETT *	7:00 - 8:00 WATER AEROBICS Lap Swim (1)	7:00 - 8:30 MAINTENANCE AVERETT *	7:00 - 8:00 WATER AEROBICS Lap Swim (1)	6:00 - 8:15 GROUP SWIM LESSONS *	11:30 - 2:30 Lap Swim (3) Open Swim (3)	3:15 - 5:00 PARTY RENTAL *
					2:45 - 5:00 PARTY RENTAL *	

Due to large classes there will be no lap swimming Mondays, Wednesdays and Fridays from 9:00-10:00 am

WATER AEROBICS - Instructor led classes for all ages and abilities. Classes are designed to positively affect strength, endurance, mobility and balance. Our instructors offer modified versions of their workouts for individuals who may need a slightly easier workout and those who like to push themselves. Our Rehab class is slower paced and focuses more on flexibility, balance and range of movement.

GROUP SWIM LESSONS - During this time we do group swim lessons (no lap/open swim during this time).

AVERETT - During this time Averett sports teams will do their conditioning in the pool (no lap/open swim during this time. Unless otherwise noted on schedule).

MAINTENANCE - This time is reserved for pool cleaning, maintenance and lifeguard training (no lap/open swim during this time).

PARTY RENTALS - This time is reserved for private parties (no lap/open swim during this time).

Lap/Open Swim – The pool is divided in half with 3 lanes for lap swimmers and the other half will be open for family pool time, personal workouts, walking or just getting your feet wet.

Lap Swim Etiquette:

Just as a courtesy, notify all swimmers in a lane before you enter and begin swimming.

When a third swimmer enters a lane, all swimmers should circle swim using a counter clockwise pattern. A lifeguard may ask you to move to another lane. PLEASE comply, as this will make swimming safer and more enjoyable for all.

No lap swimmer is entitled to a private lane. Lap lanes are capable of serving more than 2 people at a time.

Pool schedule/available lanes are subject to change based on facility schedule.

Enjoy your swim!

Danville Family YMCA(434)792-0621