



Aquatics Schedule

November 5th- March 11th

() Denotes number of lanes



| Time | Monday | Tuesday | Wednesdays | Thursday | Friday | Saturday | Sunday |
|--------------------------|--------------------------------------|--|--|--|--------------------------------------|--------------------------------------|------------------------------|
| Pool Opens 5:30am | Lap Swim (4) Open Swim(2) | Lap Swim (4) Open Swim(2) | Lap Swim (4) Open Swim(2) | Lap Swim (4) Open Swim(2) | Lap Swim (4) Open Swim(2) | | |
| 8:00am | Lap Swim (4) Open Swim(2) | Lap Swim (3) Deep Water Aerobics (3) | Lap Swim (4) Open Swim(2) | Lap Swim (3) Deep Water Aerobics (3) | Lap Swim (4) Open Swim (2) | | |
| 9:00 am | Water Aerobics(5) Lap Swim (1) | Aqua Dance(5) Lap Swim (1) | Water Aerobics(5) Lap Swim (1) | Aqua Dance(5) Lap Swim (1) | Water Aerobics(5) Lap Swim (1) | Water Aerobics(4) Lap Swim (2) | |
| 10:00 am | Water Rehab(4) Lap Swim (2) | Open Swim(3) Lap Swim (3) | Water Rehab(4) Lap Swim (2) | Open Swim(3) Lap Swim (3) | Water Rehab(4) Lap Swim (2) | Youth Lessons (6) | |
| 11:00 am | Open Swim(3) Lap Swim (3) | Open Swim(3) Lap Swim (3) | Open Swim(3) Lap Swim (3) | Open Swim(3) Lap Swim (3) | Open Swim(3) Lap Swim (3) | Adult Lessons (6) | |
| 12 Noon | Open Swim(3) Lap Swim (3) | Open Swim(3) Lap Swim (3) | Open Swim(3) Lap Swim (3) | Open Swim(3) Lap Swim (3) | Open Swim(3) Lap Swim (3) | Open Swim(3) Lap Swim(3) | Averett Athletics (6) |
| 1:00 pm | Open Swim(3) Lap Swim (3) | Open Swim(3) Stage A and B Lessons Lap Swim (3) | Open Swim(3) Lap Swim (3) | Open Swim(3) Stage A and B Lessons Lap Swim (3) | Open Swim(3) Lap Swim (3) | Open Swim(3) Lap Swim(3) | Open Swim(3) Lap Swim (3) |
| 2:00 pm | Open Swim(3) Lap Swim (3) | Open Swim(3) Stage 1-3 Lessons Lap Swim (3) | Open Swim(3) Lap Swim (3) | Open Swim(3) Stage 1-3 Lessons Lap Swim (3) | Open Swim(3) Lap Swim (3) | Open Swim(3) Lap Swim (3) | Open Swim(3) Lap Swim (3) |
| 2:30 pm | Open Swim(3) Lap Swim (3) | Open Swim(3) Stage 1-3 Lessons Lap Swim (3) | Open Swim(3) Lap Swim (3) | Open Swim(3) Stage 1-3 Lessons Lap Swim (3) | Open Swim(3) Lap Swim (3) | Pool Rentals (6) | Open Swim(3) Lap Swim(3) |
| 3:00 pm | Open Swim(3) Lap Swim (3) | Open Swim(3) Adaptive Lessons Lap Swim (3) | Open Swim(3) Lap Swim (3) | Open Swim(3) Adaptive Lessons Lap Swim (3) | Open Swim(3) Lap Swim (3) | Pool Rentals (6) | Pool Rentals (6) |
| 4:30 pm | Swim Team(4) Lap Swim (2) | Swim Team (4) Open Swim(2) | Swim Team(4) Lap Swim (2) | Swim Team (4) Open Swim(2) | Swim Team (3) Open Swim(3) | Pool Rentals (6) | |
| 5:00 pm | Swim Team(4) Lap Swim (2) | Swim Team (4) Open Swim(2) | Swim Team(4) Lap Swim (2) | Swim Team (4) Open Swim(2) | Swim Team (3) Open Swim(3) | Pool Rentals (6) | |
| 5:30 pm | Swim Team(4) Lap Swim (2) | Swim Team (4) Open Swim(2) | Swim Team(4) Lap Swim (2) | Swim Team (4) Open Swim (2) | Open Swim(3) Lap Swim (3) | | |
| 6:30 pm | Swim Team(4) Lap Swim (2) | Swim Team (4) Open Swim(2) | Swim Team(4) Lap Swim (2) | Swim Team (4) Open Swim(2) | Youth Lessons (6) | | |
| 7:00 pm | Swim Team(4) Lap Swim (2) | Water Aerobics(4) Lap Swim(2) | Swim Team(4) Lap Swim (2) | Water Aerobics(4) Lap Swim(2) | Youth Lessons (6) | | |
| 8:00 pm | GW Swim Team (6) | Master Swim (6) | GW Swim Team(3) Averett Athletics (3) | GW Swim Team (6) | | | |

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| Water Fitness | Open Swim / Lap Swim | Competitive Team Training | Group Reservation | Swim Lessons | Master Swim |
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Water Fitness are instructor led classes for all ages and abilities. Our aquatic classes consist of aerobics, rehab, and aqua dance. These classes will positively affect strength, endurance, 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.

Open Swim/Lap Swim is available so members can enjoy our aquatic facility. During this time the pool is divided in half, with 3 lap lanes for our lap swimmers. The other half of the pool is open for you to enjoy family pool time, a personal workout, walking, jogging, or just getting your feet wet.

Competitive Team Training is time set aside for various swim team workouts and practices for GWHS swim team, Danville River Otters, etc.

Group Reservation – time reserved for various groups such as Averett sports teams, party rentals, and facility rentals.

Swim Lessons – during this time, we train our swimmers into future Olympians, or at least we hope. Y swim lessons are progressively structured for all ages.

Master Swim – This instructional period is set aside for those wishing to become stronger, more proficient swimmers. You can always expect this class to deliver a fun and challenging workout for you. Our instructor gives everyone personal feedback that helps with efficiency and endurance and provides motivation all at the same time. We invite all lap swimmers to try this class.

Lap swimming: continual swimming from wall to wall.

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 and available lanes are subject to change based on facility schedule

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