



YMCA Fairfax County Reston - Aquatics Schedule - Swim Season

Fall I and II, September 5, 2017 - December 18, 2017

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

	Monday					Tuesday					Wednesday					Thursday					Friday					Saturday					Sunday																																																																											
	Lane 6	Lane 5	Lane 4	Lane 3	Lane 2	Lane 6	Lane 5	Lane 4	Lane 3	Lane 2	Lane 6	Lane 5	Lane 4	Lane 3	Lane 2	Lane 6	Lane 5	Lane 4	Lane 3	Lane 2	Lane 6	Lane 5	Lane 4	Lane 3	Lane 2	Lane 6	Lane 5	Lane 4	Lane 3	Lane 2	Lane 6	Lane 5	Lane 4	Lane 3	Lane 2		Lane 6	Lane 5	Lane 4	Lane 3	Lane 2																																																																	
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6:00 AM	Swim Team 5:15-7:00					Stroke Clinic 6:15-7:15					Water Aerobics 6:30-7:15					Swim Team 5:15-7:45					Water Aerobics 6:30-7:15					Swim Team 5:15-7:45					Open at 7:00am					Open at 8:00 am					6:00 AM																																																																	
6:30 AM	Water Aerobics 7:00-7:45										Water Aerobics 7:00-7:45					Stroke Clinic 6:15-7:15					Water Aerobics 6:30-7:15					Swim Team 5:15-7:45															6:30 AM																																																																	
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Lane assignments may change to suit current pool conditions.
LIMITED OPEN/FAMILY SWIM DURING SWIM TEAM and SWIM LESSONS
Pool Times - Mon - Fri: 5:00 am - 9:45 pm Sat: 7:00 am - 8:45 pm Sun: 8:00 am - 7:45 pm