



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Southside Virginia Family YMCA Pool Schedule

	Class	Start	End	Location	Instructor
Sun	Open Swim	1:00p	4:45p	Entire Pool	
Monday	Summer Camp Swim	2:30p	4:00p	0 Entry/1 Lanes	Pete S.
	FAST Swim Team	5:00p	6:00p	1-2 swim lanes	Kaley S./Seth R.
	Water Aerobics	5:30p	6:30p	1-2 swim lanes	Polly M.
Tuesday	Water Aerobics	9:00a	10:00a	3 swim lanes	Olivia O.
	Summer Camp Swim	11:00p	12:30p	0 Entry/1 Lanes	
	School Group	12:30	1:30p	0 Entry/1 Lanes	Melissa N.
	Pool Closed	1:00p	4:00p	Entire Pool	
	FAST Swim Team	5:00p	6:00p	2 swim lanes	Kaley S./Seth R.
Wednesday	School Group	12:30	1:30p	0 Entry/1 Lanes	Melissa N.
	Summer Camp Swim	2:30p	4:00p	0 Entry/1 Lanes	Pete S.
	Group Swim Lessons	4:00p	7:00p	0 Entry/2 Lanes	Pete S./Tabitha P.
	FAST Swim Team	5:00p	6:00p	1-2 swim lanes	Kaley S./Seth R.
	Water Aerobics	5:30p	6:30p	1-2 swim lanes	Polly M.
Thursday	Water Aerobics	9:00a	10:00a	2 swim lanes	Tabitha P.
	Summer Camp Swim	11:00p	12:30p	0 Entry/1 Lanes	
	School Group	12:30	1:30p	0 Entry/1 Lanes	Melissa N.
	Pool Closed	1:00p	4:00p	Entire Pool	
Friday	Water Aerobics	9:00a	10:00a	0 Entry/1 Lanes	Olivia O.
	Summer Camp Swim	3:00p	4:00p	3 swim lanes	
	FAST Swim Team	5:00p	6:00p	2 swim lanes	Kaley S./Seth R.
Sat	Open Swim	7:00a	4:45p	Entire Pool	
	Group Swim Lessons	9:00a	12:00p	0 Entry/1 Lanes	Tabitha P.

Minimum 1 swim lane, the 0-entry area, and slide area all remain open during activities. Private swim lessons may be ongoing at anytime during Open Swim, and lanes will be marked accordingly.

The pool will be closed only during select days/times above in red

New schedule alert: The pool is closed Tuesdays and Thursdays from 1-4p