



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

POOL SCHEDULE*

YMCA OF SOUTHERN WEST VIRGINIA

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5am - 9am Adult Lap Swim Reservation Only	5am - 9am Adult Lap Swim Reservation Only	5am - 9am Adult Lap Swim Reservation Only	5am - 9am Adult Lap Swim Reservation Only	5am - 9am Adult Lap Swim Reservation Only	8am-4:45pm Lap Swim Reservation Only Family Swim Reservation Only	1pm - 4:45pm Lap Swim Reservation Only Family Swim Reservation Only
9am - 10am Water Aerobics Lanes 3-6 Adult Lap Swim Lane 1 and 2 Reservation Only	9am - 10am Water Aerobics Lanes 3-6 Adult Lap Swim Lane 1 and 2 Reservation Only	9am - 10am Water Aerobics Lanes 3-6 Adult Lap Swim Lane 1 and 2 Reservation Only	9am - 10am Water Aerobics Lanes 3-6 Adult Lap Swim Lane 1 and 2 Reservation Only	9am - 10am Water Aerobics Lanes 3-6 Adult Lap Swim Lane 1 and 2 Reservation Only		
10am-7:45pm Lap Swim Reservation Only Family Swim Reservation Only	10am-7:45pm Lap Swim Reservation Only Family Swim Reservation Only	10am-7:45pm Lap Swim Reservation Only Family Swim Reservation Only	10am-7:45pm Lap Swim Reservation Only Family Swim Reservation Only	10am-7:45pm Lap Swim Reservation Only Family Swim Reservation Only		

POOL HOURS OF OPERATION

Monday-Friday: 5:00am - 7:45pm

(Last reservation of the day will be 7:00pm)

Saturday: 8:00am - 3:45pm

(Last reservation of the day will be 3:00pm)

Sunday: 1:00p - 4:45pm

(Last reservation of the day will be 4:00pm)

From 9am-10am Monday-Friday, Water Aerobics will occupy lanes 3-6. Class will be capped off at 20 participants. This will allow for proper social distancing. Lanes 1 and 2 will be open for lap swimming during Water Aerobics.

Please note that there will be no drop-in swimming. All swimmers/members must schedule their lane/time the day before. Lap swimmers will be allotted 60 minute time frame. Family swim (those 18+ that live in the same household) will be allotted 90 minutes for one lane. Due to protocol we are unable to supply members with exercise equipment such as: belts, water weights, kick boards, pull buoy, swim paddles/fins, life jackets, or noodles. At this time we will reopen the locker rooms. We ask that all members come "ready to swim" to maintain the cleanliness of the locker rooms.