



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Fall/Winter Pool Schedule 2023-24

Pool Schedule begins August 14th and is subject to change.

Water temperature is 84-85 degrees. Multiple activities are often scheduled in this pool at the same time. We ask that you be respectful of other in the pool while these activities are happening. Water fitness and camp swim are closed to members not taking part in these activities.

Lap Swim— Swimmers age 15 and older may use lap time for serious lap swim or exercise. Lap swimmers may request a lane during open & family if the life guard decides there is adequate space.

Open Swim— Children ages 10 & older may swim without an adult. Lap lanes will be put in upon request space permitting.

Family Swim— Swimmers must be 16 to swim without an Parent/adult. Lap lanes will be put in upon request space permitting.

Children 5 and under must have an adult in the pool with them within arm's reach at all times.

Water aerobics— A 45-50 minute exercise class designed to give participants a cardiovascular workout while strengthening muscles and improving flexibility and balance. (Non-wellness center members are required to purchase a punch card). There will be 2 lap lanes in the pool as well.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00-8:30 Lap Swim	7:00-8:30 Lap Swim	7:00-8:30 Lap Swim	7:00-8:30 Lap Swim	7:00-8:30 Lap Swim		
8:30-9:30 Deep Water EX	7:30-8:30 Low Impact Water EX	8:30-9:30 Deep Water EX	7:30-8:30 Low Impact Water EX	8:30-9:30 Deep Water EX		
	8:30-9:30 Shallow Water EX		8:30-9:30 Shallow Water EX			
9:30-1:00 Family Swim (lessons 10:00-11:30)	9:30-1:00 Family Swim	9:30-1:00 Family Swim (lessons 10:00-11:30)	9:30-1:00 Family Swim	9:30-1:00 Family Swim		
1:00-3:00 Closed	1:00-3:00 Closed	1:00-3:00 Closed	1:00-3:00 Closed	1:00-3:00 Closed	CLOSED	1:30-2:30 Open Swim
3:00-6:00 Open Swim	3:00-7:00 Open Swim	3:00-6:00 Open Swim	3:00-7:00 Open Swim	3:00-5:00 Open Swim	CLOSED	2:45-4:30 Family Swim
				5:00-6:00 Shallow Water EX		4:30 Pool Closes
6:00-7:00 Shallow Water EX	6:00-7:00 Open Swim (lessons 5-7)	6:00-7:00 Shallow Water EX	6:00-7:00 Open Swim (lessons 5-7)			5:00 Building Closes
7:00-8:00 Family Swim	7:00-8:00 Family Swim	7:00-8:00 Family Swim	7:00-8:00 Family Swim	6:00-8:00 Family Swim		
8:00 Pool Closes	8:00 Pool Closes	8:00 Pool Closes	8:00 Pool Closes	8:00 Pool Closes		
8:30 Building Closes	8:30 Building Closes	8:30 Building Closes	8:30 Building Closes	8:30 Building Closes		

Altavista Area YMCA
Altavista, VA 24517
altavistaymca.org

1000 Franklin Ave
P 434-369-9622 F 434-369-1011