



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Spring Pool Schedule 2025

Pool Schedule begins March 10th and is subject to change.

Water temperature is 84-85 degrees. Multiple activities are often scheduled in this pool at the same time. Water fitness & swim lessons and Swim Team are closed to swimmers not involved 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.

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

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 WaterInMotion Platinum	7:30-8:30 Low Impact Water EX	8:30-9:30 WaterInMotion Platinum		
	8:30-9:30 WaterInMotion Strength		8:30-9:30 WaterInMotion Strength			
9:30-1:00 Family Swim (lessons 9:30-12:00)	9:30-1:00 Family Swim	9:30-1:00 Family Swim (lessons 9:30-12:00)	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
Open Swim 3:00-6:00	Open Swim 3:00-4:00	Open Swim 3:00-6:00	Open Swim 3:00-4:00	3:00-5:00 Open Swim	CLOSED	2:45-4:30 Family Swim
						4:30 Pool Closes
6:00-7:00 WaterInMotion Platinum	4:00-7:00 Open Swim (lessons 5:30-7)	6:00-7:00 Shallow Water EX	4:00-7:00 Open Swim (lessons 5:30-7)	5:00-6:00 Shallow Water EX		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

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