



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# WINTER POOL SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Sunday
7:00-8:30 Lap Swim (6 lanes)	6:45-7:20 Lap Swim (4 lanes)	7:00-8:30 Lap Swim (6 lanes)	6:45-7:20 Lap Swim (4 lanes)	7:00-8:30 Lap Swim (6 lanes)	
	7:30-8:30 Water Wellness (4 lanes) 7:20-8:30 Lap Swim (2 lanes)		7:30-8:30 Water Wellness (4 lanes) 7:20-8:30 Lap Swim (2 lanes)		
8:30-9:30 Strength & Surge (4 lanes) 8:30-9:30am Lap Swim (2 lanes)	8:30-9:30 Deep Water (4 lanes) 8:30-9:30am Lap Swim (2 lane)	8:30-9:30 WaterInMotion Platinum (4 lanes) 8:30-9:30am Lap Swim (2 lanes)	8:30-9:30 Aqua Yoga (4 lanes) 8:30-9:30am Lap Swim (2 lanes)	8:30-9:30 WaterInMotion Platinum (4 lanes) 8:30-9:30am Lap Swim (2 lanes)	
9:30-12pm Swim Lessons (3 lanes) 9:30-12pm Family Swim (3 lanes)	9:30-11am Swim Lessons (2 lanes) 9:30-11am Family Swim (3 lanes)	9:30-12pm Swim Lessons (3 lanes) 9:30-12pm Family Swim (3 lanes)	9:30-11am Swim Lessons (2 lanes) 9:30-11am Family Swim (3 lanes)	9:30-11:30am Swim Lessons (3 lanes) 9:30-11:30am Family Swim (3 lanes)	
12-1:30pm Lap Swim (2 lanes) 12-1:30pm Family Swim (3 lanes)	11am-1:30pm Lap Swim (2 lanes) 11-1:30pm Family Swim (3 lanes)	12-1:30pm Lap Swim (2 lanes) 12-1:30pm Family Swim (3 lanes)	11am-1:30pm Lap Swim (2 lanes) 11-1:30pm Family Swim (3 lanes)	11-1:30pm Lap Swim (2 lanes) 11:30-1:30pm Family Swim (3 lanes)	
1:30-3:30PM CLOSED	1:30-3:30PM CLOSED	1:30-3:30PM CLOSED	1:30-3:30PM CLOSED	1:30-3:30PM CLOSED	1:30-2:30PM Open Swim (4 lanes)
3:30-5M Open Swim (3 lanes) 3:30-5PM Lap Swim (2 lanes)	3:30-4PM Open Swim (3 lanes) 3:30-4PM Lap Swim (2 lanes)		3:30-4PM Open Swim (3 lanes) 3:30-4PM Lap Swim (2 lanes)	3:30-4:45PM CAMP SWIM CLOSED TO PUBLIC	1:30- 4:30 Lap Swim (2 lanes)
		4:00-4:45PM Mini Dolphin's Club (3 lanes)			2:30-4:30PM Family Swim (4 lanes)
5:00-6PM Swim Team CLOSED TO PUBLIC	4:00-6PM Swim Team CLOSED TO PUBLIC	5:00-6PM Swim Team CLOSED TO PUBLIC	4:00-6PM Swim Team CLOSED TO PUBLIC		
6:10-7:10PM WaterInMotion Platinum (3 lanes) 6:00-8PM Lap Swim (2 lanes)	6:00-7PM Swim Lessons (2 lanes) 6:00-8PM Family Swim (3 lanes)	6:10-7:10PM Shallow H2O EX (3 lanes) 6:00-8PM Lap Swim (2 lanes)	6:00-7PM Swim Lessons (2 lanes) 6:00-8PM Family Swim (3 lanes)	5:00-6PM WaterInMotion Platinum (3 lanes) 5:00-8PM Lap Swim (2 lanes)	4:30PM POOL CLOSES 5:00PM BUILDING CLOSES
7:10-8PM Family Swim (3 lanes)	7:00-8PM Lap Swim (2 lanes)	7:10-8PM Family Swim (3 lanes)	7:00-8PM Lap Swim (2 lanes)	6:00-8PM Family Swim (3 lanes)	
8PM POOL CLOSES 8:30PM BUILDING CLOSES	8PM POOL CLOSES 8:30PM BUILDING CLOSES	8PM POOL CLOSES 8:30PM BUILDING CLOSES	8PM POOL CLOSES 8:30PM BUILDING CLOSES	8PM POOL CLOSES 8:30PM BUILDING CLOSES	

# DETAILS

- POOL IS CLOSED ON SATURDAYS
- Pool Schedule begins January 5, 2026 and is subject to change.
- Water temperature is 84-86 degrees.
- Multiple activities may take place in the pool at the same time. Please be respectful of others while these activities are in progress.
  - The number of lanes designated for each activity is noted on the schedule.
- **Lap Swim**— reserved for swimmers 16 & older for continuous lap swimming or aquatic exercise. During Open or Family Swim, lap lanes may be requested if space allows and approved by the lifeguard. Refer to the schedule for lane availability. Lane sharing may be required during busy times. We appreciate your flexibility.
- **Open Swim**— Swimmers 12 & older may participate without adult supervision. Lap lanes may be added upon request if space permits. Please note: During Water Fitness classes, the pool is closed to Open and Family Swim.
- **Family Swim**— Swimmers must be 16 & older to swim without a parent/adult. Lap lanes may be put in upon request space permitting. Please note: During Water Fitness classes, the pool is closed to Open and Family Swim.
- Lifeguards are here for your safety and have final say on all matters; including rules, swim testing, and pool schedule.

## SWIM TEST POLICY

At the Y, safety is our top priority. All swimmers 12 & under must complete a swim test. Those who do not take or do not pass the test must wear a coast guard approved life jacket and remain in the shallow end unless accompanied in the water by a responsible adult supervising that child. The responsible adult must be within arm's reach. Lifeguards have the authority to require any person, regardless of age or ability, to complete a swim test or wear a life jacket if deemed necessary. Please see the detailed Swim Test Policy handout for full guidelines.

## WATER FITNESS

**Water Wellness— Low Impact EX:** A gentle, joint-friendly class designed for those seeking a slower pace and supportive environment. Ideal for older adults or anyone recovering from injury or dealing with limited mobility. This class focuses on water walking, light range-of-motion exercises, and optional gentle strengthening. No jumping or running—just soothing movement in the water to support rehabilitation and wellness.

**WaterinMotion® Platinum:** This energizing water workout is specially designed for anyone seeking a safe, low-impact cardio class. Platinum combines upbeat music with continuous movement to boost heart health, endurance, and coordination—all while being easy on the joints. You'll enjoy a full-body workout that keeps you moving, smiling, and strong, with the added benefits of improved balance and flexibility.

**Deep Water EX:** Take your workout to the deep end with this HIIT class designed to challenge your strength, stamina, and core—without impact on your joints. Participants perform powerful cardio bursts and strength-focused moves in deep water for a total-body workout that's as fun as it is effective. Great for those looking to push themselves in a joint-friendly environment.

**Aqua Yoga:** A gentle yet powerful practice that blends traditional yoga poses with the support and resistance of water. Aqua Yoga enhances flexibility, core strength, balance, and joint mobility—all in a soothing aquatic environment. Perfect for all fitness levels, this class offers flowing movements and mindful breathing to build both physical strength and inner calm. Experience the benefits of yoga without the strain on your joints.

**Shallow Strength & Surge:** Power through high-intensity intervals to boost endurance, then slow it down for focused muscle work designed to improve form, build strength, and increase stability. Perfect for all fitness levels, this class delivers a full-body challenge with the added benefit of water's natural resistance.

**Shallow Water EX:** This gentle, low-impact class is designed to improve cardiovascular health while strengthening muscles and enhancing flexibility and balance. Ideal for all fitness levels, the supportive properties of the water make it perfect for those looking for a safe, effective workout to end the day feeling strong and refreshed.

Please Note: During Water Fitness classes, the pool is closed to Open and Family Swim. Classes may share space with swim lessons or lap swimmers.

**ALTAVISTA AREA YMCA**

**1000 Franklin Ave Altavista, VA 24517**

**altavistaymca.com | 434-369-9622 x23**

**QUESTIONS?**

**Contact Beth Wilson | Aquatics Director**  
**ewilson@altavistaymca.com**