



YMCA South Hampton Roads
Serving Coastal Virginia and Northeastern North Carolina

Albemarle Family YMCA

August 2008

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Pool Hours 5:30 am – 8:45 pm	Pool Hours 5:30 am – 8:45 pm	Pool Hours 5:30 am – 8:45 pm	Pool Hours 5:30 am – 8:45 pm	Pool Hours 5:30 am – 8:45 pm	Pool Hours 7:00 am – 5:45 pm	Pool Hours 1:00 pm – 5:45 pm
5:30 – 8:00 am	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim		
8:00 – 10:00 am	Aqua Aerobics (8-8:50)	Starter Aqua Aerobics (8-8:30)	Aqua Aerobics (8-8:50)	Open Swim	Aqua Aerobics (8-8:50)	Lap Swim	
	Aqua Aerobics (9-9:50)	Aqua Aerobics (8:30-9:30)	Aqua Aerobics (9-9:50)	Aqua Aerobics (8:30-9:30)	Aqua Aerobics (9-9:50)	Aqua Aerobics 9-10:00	
10:00 – 12:00 pm	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Open Swim*	Y Swim Lessons	
12:00 – 1:00 pm	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Open Swim (12:00-5:45 pm)	Open Swim (1:00-5:45 pm)
1:00 – 4:00 pm	Summer Camp Open Swim	Summer Camp Open Swim	Summer Camp Open Swim	Summer Camp Open Swim	Summer Camp Open Swim		
4:00 – 4:30 pm	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim		
4:30 – 7:00 pm	Swim Lessons <i>Family Swim (Trial)</i>	Swim Lessons <i>Family Swim (Trial)</i>	Swim Lessons <i>Family Swim (Trial)</i>	Swim Lessons <i>Family Swim (Trial)</i>	Open Swim*		
7:00 – 8:00 pm	Open Swim	Aqua Aerobics	Open Swim	Aqua Aerobics	Open Swim		
8:00 – 8:45 pm	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim		

Aqua Aerobics – 2 lanes open for lap swimming; ramp section open and shallow water during PM classes

Lap Swim – lap swimming or water walking only; ramp section open for swimming

Open Swim – open for recreational swimming. 2 lanes open for lap swimming.

Swim Lessons – 2 lanes open for lap swimming.

Trial Family Swim – between 4:30-7 pm family swim will be in the last two lanes.

**Friday's are reserved for make-up swim lessons. Open swim may be limited during this time. Please see lifeguards with any schedule questions.*

Mission: To put Judeo-Christian principles into practice through programs that build healthy spirit, mind and body for all.