



We build strong kids, strong families, strong communities

YMCA South Hampton Roads  
Serving Coastal Virginia and Northeastern North Carolina

# Albemarle Family YMCA

## March 2010

	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 NHS 5:30-7	Lap Swim	Lap Swim	Lap Swim NHS 5:30-7	Lap Swim		
8:00 – 10:00 am	Aqua Aerobics (8-8:50)	Aqua Aerobics (8-8:50)	Aqua Aerobics (8-8:50)	Aqua Aerobics (8-8:50)	Aqua Aerobics (8-8:50)	Lap Swim	
	Aqua Aerobics (9-9:50)	Starter Aqua Aerobics 2 <sup>nd</sup> Tues of Month (9:00-9:30)	Aqua Aerobics (9-9:50)	Family Swim	Aqua Aerobics (9-9:50)	Aqua Aerobics 9-10:00 Y Swim Lessons 9-11:30	
10:00 – 12:00 pm	Swim Lessons Family Swim	Family Swim Aqua Therapy	Swim Lessons Aqua Therapy	Family Swim Aqua Therapy	Family Swim *	Y Swim Lessons 9-11:30	
	Lap Swim	Lap Swim	Lap Swim	Lap Swim			
1:00 – 4:30 pm	Family Swim	Family Swim	Family Swim	Family Swim	Family Swim	Family Swim (12:00-5:45 pm)	Family Swim (1:00-5:45 pm)
	PCHS 3:45-5	CHS/Eden 4-5:30	PCHS 3:45-5	CHS/Eden 4-5:30	PCHS 3:45-5		
4:30 – 7:00 pm	Y PRO Swim Team	Swim Lessons	Y PRO Swim Team	Swim Lessons	Y PRO Swim Team		
	Family Swim	Family Swim 5:30-7	Family Swim	Family Swim 5:30-7	Family Swim*		
7:00 – 8:45 pm	Family Swim	Aqua Aerobics 7-8	Family Swim	Aqua Aerobics 7-8	Family Swim		
	NHS 7-8:45	Family Swim	NHS 7-8:45	Family Swim	NHS 7-8:45		

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

**Aqua Therapy** – This is a hospital based program. Ramp and deep end available for family swim.

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

**Family Swim** – open for recreational swimming. 2 lanes open for lap swimming.

**Swim Lessons** – 2 lanes open for lap swimming.

**Family Swim & Swim Lessons** – between 4:30-7 pm family swim will be in the first two lanes.

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