



YMCA South Hampton Roads
Serving Coastal Virginia and Northeastern North Carolina

Mt. Trashmore Family YMCA Pool Schedule

Winter 2010

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8-9am Arthritis	TCAC 6-8am-2 lanes	8-9am Arthritis	TCAC 6-8am-2 lanes	8-9am Arthritis	TCAC 8-10am-2 lanes	
9:30-10:30am Swim lessons	9:30-10:30am Swim lessons	9:30-10:30 Swim lessons	9:30-10:30am Swim lessons		9-10am Deep H2O	
9:15-10:15am Deep H2O	9:15-10:15am Deep H2O	9:15am- 10:15am Deep H2O	9:15am-10:15am Deep H2O	9:15am-10:15am Deep H2O		
10:15-11:15am Aquacize	10:15-11:15am Aqua Abs	10:15-11:15am Aquacize	10:15-11:15am Aqua Abs	10:15-11:15am Aquacize	9am-12pm Swim Lessons	Open Swim All Day!
11am-1pm Outdoor pool open	11am-1pm Outdoor pool open	11am-1pm Outdoor pool open	11am-1pm Outdoor pool open	11am-1pm Outdoor pool open		
	10:30 am-12:00pm Preschool lessons	11:15-11:45am Aqua Abs	10:30 am-12:00pm Preschool lessons	11:15-12:pm Finning		
12-1pm Arthritis		12-1pm Arthritis		12-1pm Arthritis		
1:30-2:30pm Aquacize	1:30-2:30pm Kindergarten Swim	1:30-2:30pm Aquacize	1:30-2:30pm Kindergarten Swim	1:30-2:30pm Aquacize	12-1:30pm Y Porpoise Club	
3-8:30pm-4 lanes TCAC	4:15-5:15pm-3lanes TCAC	3-8:30pm-4 lanes TCAC	4:15-5:15pm-3 lanes TCAC	3-5:30-4 lanes 5:30-7:15-3 lanes TCAC		
5-7:15pm Swim lessons	5:15-6:15 Aquacize	5-7:15pm Swim lessons	5:15-6:15 Aquacize			
	5-7:45pm Swim Lessons		5-7:45pm Swim Lessons			
	7-8:30pm Porpoise Club		7-8:30pm Porpoise Club			
Open Swim 5:30am-3pm 8:30pm-9:45pm	Open Swim 5:30am-4:15pm 6:15-9:45pm	Open Swim 5:30am-3pm 8:30pm-9:45pm	Open Swim 5:30am-4:15pm 6:15-9:45pm	Open Swim 5:30am-3pm 6-8:45pm	Open Swim 12-6pm	

Visit us online at www.ymcashr.org

Indoor Pool Hours:

Monday-Thursday 5:30 am-9:45 pm, Friday 5:30 am-8:45 pm, Saturday 8 am-5:45 pm, Sunday 10 am-5:45 pm

Outdoor Pool Hours:

Monday-Friday 11:00 am-1:00 pm

A minimum of one lap lane is always available for lap swimming.

The pool closes at the sound of thunder and/or the sight of lightning and will remain closed for 30 minutes after the last sound of thunder and/or the sight of lightning.

For non-swimmers, United States Coast Guard approved floatation devices are available and encouraged.

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