



Blocker Norfolk Family YMCA Pool Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	5:00 - 8:00am					
	Lap Swim 6 Lanes	Lap Swim 6 Lanes	Lap Swim 6 Lanes	Lap Swim 6 Lanes	Lap Swim 6 Lanes	
		6:00 - 7:00am Water Fitness 2/3 Lanes		6:00 - 7:00am Water Fitness 2/3 Lanes		7:00 - 9:00am
7:00 - 9:00am						Lap Swim 5 Lanes
Lap Swim 6 Lanes	8:00 - 9:00am					Open Swim 1 Lanes
9:00am - 1:00pm	Lap Swim 4/3 Lanes	Lap Swim 4/3 Lanes	Lap Swim 4/3 Lanes	Lap Swim 4/3 Lanes	Lap Swim 4/3 Lanes	9:00am - 10:00am
Lap Swim 4 Lanes	Water Fitness 2/3 Lanes	Water Fitness 2/3 Lanes	Water Fitness 2/3 Lanes	Water Fitness 2/3 Lanes	Water Fitness 2/3 Lanes	Lap Swim 2 Lanes
Open Swim 2 Lanes	9:00 - 12:00					Swim Lessons 2 Lanes
Slide Open	Lap Swim 3 Lanes	Lap Swim 3 Lanes	Lap Swim 3 Lanes	Lap Swim 3 Lanes	Lap Swim 4 Lanes	Water Fitness 2 Lanes
3:00 - 5:00pm	Swim Lessons 2 Lanes	Swim Lessons 2 Lanes	Swim Lessons 2 Lanes	Swim Lessons 2 Lanes	Open Swim 1 Lanes	10:00am - 12:30am
1:00 - 6:45pm	Sentara 1 Lane	Sentara 1 Lane	Sentara 1 Lane	Sentara 1 Lane	Sentara 1 Lane	Lap Swim 2 Lanes
Lap Swim 4 Lanes	12:00 - 3:00pm					Swim Lessons 3 Lanes
Open Swim 2 Lanes	Lap Swim 5 Lanes	Lap Swim 5 Lanes	Lap Swim 5 Lanes	Lap Swim 5 Lanes	Lap Swim 4 Lanes	Open Swim 1 Lane
	Open Swim 1 Lanes	Open Swim 1 Lanes	Open Swim 1 Lanes	Open Swim 1 Lanes	Open Swim 2 Lanes	12:30 - 6:45
	3:00 - 4:30					Lap Swim 4 Lanes
	Lap Swim 3 Lanes	Lap Swim 3 Lanes	Lap Swim 3 Lanes	Lap Swim 3 Lanes	Lap Swim 4 Lanes	Open Swim 2 Lanes
	Swim Lessons 3 Lanes	Swim Lessons 3 Lanes	Swim Lessons 3 Lanes	Swim Lessons 3 Lanes	Open Swim 2 Lanes	Slide Open
	4:30 - 6:30pm				4:30 - 8:45pm	3:00 - 5:00pm
	Lap Swim 3 Lanes	Lap Swim 3 Lanes	Lap Swim 3 Lanes	Lap Swim 3 Lanes	Lap Swim 4 Lanes	Lap Swim 4 Lanes
	Swim Lessons 2 Lanes	Swim Lessons 2 Lanes	Swim Lessons 2 Lanes	Swim Lessons 2 Lanes	Open Swim 2 Lanes	Open Swim 2 Lanes
	Open Swim 1 Lane	Open Swim 1 Lane	Open Swim 1 Lane	Open Swim 1 Lane		
	6:30 - 7:30pm					
	Lap Swim 3/2 Lanes	Lap Swim 4/3 Lanes	Lap Swim 3/2 Lanes	Lap Swim 4/3 Lanes		
	Swim Lessons 1 Lane	Water Fitness 2/3 Lanes	Swim Lessons 1 Lane	Water Fitness 2/3 Lanes		
	Water Fitness 2/3 Lanes		Water Fitness 2/3 Lanes			
	7:30 - 8:30					Pool closes at 9:45pm M - Th Pool closes at 8:45pm Fri Pool closes at 6:45pm Sat. and Sun
	Lap Swim 4 Lanes	Lap Swim 3 Lanes	Lap Swim 4 Lanes	Lap Swim 4 Lanes		
	Swim Lessons 2 Lanes	Swim Clinic 3 Lanes	Swim Lessons 2 Lanes	Open Swim 2 Lanes		
	8:30 - 9:45pm					
	Lap Swim 4 Lanes	Lap Swim 4 Lanes	Lap Swim 4 Lanes	Lap Swim 4 Lanes		
	Open Swim 2 Lanes	Open Swim 2 Lanes	Open Swim 2 Lanes	Open Swim 2 Lanes		

The Water Fitness class will use three lanes of the pool if there are 12 or more participant in the class up until 10 minutes of the start time