



We build strong kids, strong families, strong communities

YMCA South Hampton Roads
Serving Coastal Virginia and Northeastern North Carolina

Outer Banks Pool Schedule—March

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00-7 AM 6-7am OBX Sharks	5:00-7 AM 6-7am OBX Sharks	5:00-7 AM 6-7am OBX Sharks	5:00-7 AM 6-7am OBX Sharks	5:00-7 AM 6-7am OBX Sharks	8-8:30 AM 6 Lap Lanes	1-4 PM 6 Lap Lanes
7-8 AM Aqua Shape Sylvia 4 Lap Lanes	7-8 AM Aqua Shape Donna 4 Lap Lanes 8-9 AM Cross training workout	7-8 AM Aqua Shape Sylvia 4 Lap Lanes	7-8 AM Aqua Shape Donna 4 Lap Lanes	7-8 AM Aqua Shape Donna 4 Lap Lanes	8:30-9:30 AM Aqua Blast Sylvia 8:11 AM OBX Sharks 2 Lap Lanes	
9-10 AM Aqua Blast Cathy 3 Lap Lanes	11-11:30AM PreK swim lessons 10:30 AM Water Pilates Marsha 3 Lanes	9-10 AM Aqua Blast Betsy 3 Lap Lanes 10-11am Cross Training Workout	9-10 AM Aqua Blast Cathy 3 Lap Lanes 11-11:30AM PreK swim lessons 10:30 AM Water Pilates Marsha 3 Lap Lanes	9-10 AM Aqua Blast Marsha 3 Lap Lanes	10:30-11 AM Adult/Teen Swim Lessons 1 Lap Lane	
10-10:45 AM Aqua Fit Jackie 3 Lap Lanes	4:30-5:00 PM Parent/child Swim Lessons 5:15-5:45pm Group swim lessons	10-10:45 AM Aqua Fit Jackie 3 Lap Lanes	4:30-5:00 PM Parent/child Swim Lessons 5:15-5:45pm Group swim lessons	10-10:45 AM Aqua Fit Marsha 3 Lap Lanes	Parent/Child 10-10:30am School age 10:30-11am Pre-school 11-11:30 AM Swim Lessons 3 Lap Lanes	
11-12 Noon Senior Swim 2 Lap Lanes	4:30-7:30 PM OBX SHARKS 3 Lap Lanes	11-12 Noon Senior Swim 2 Lap Lanes	4:30-7:30 PM OBX SHARKS 3 Lap Lanes	4:30-7:30 PM OBX SHARKS 3 Lap Lanes		
4-5 PM Porpoise Club 2 Lanes 5:15-6:30PM Group swim lessons	6-7 PM Aqua Blast Lisa	4-5 PM Porpoise Club 2 Lanes 5:15-6:30PM Group swim lessons	6-7 PM Aqua Blast Lisa 7:30-8:30pm Cross Train workout	4:30-7:30 PM OBX SHARKS 3 Lap Lanes		
4:30-7:30 PM OBX SHARKS 3 Lap Lanes	4:30-7:30 PM OBX SHARKS 3 Lap Lanes 6-6:30 PM Adult/Teen Lessons	4:30-7:30 PM OBX SHARKS 3 Lap Lanes	6-6:30 PM Adult/Teen Lessons 4:30-7:30 PM OBX SHARKS 3 Lap Lanes		Scuba class 3-6pm	4-6 PM Float N' Fun

The number of lanes listed under an event is how many lanes that event will occupy.

INDOOR POOL HOURS Mon- Fri 5:00 am-8:45 pm Sat 8:00 am – 5:45 pm Sun 1:00 pm - 5:45 pm

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