


MAIN POOL SCHEDULE*

Effective: March 1, 2012

Monday – Thursday 5:30AM-9:15PM • Friday 5:30AM-8:00PM • Saturday 8:00AM- 4:30PM • Sunday 1-4:30PM

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30AM	LAP SWIM (6 Lanes)	LAP SWIM (6 Lanes)	LAP SWIM (6 Lanes)				
7:00AM	5:30-8:15AM	5:30-8:15AM	5:30-8:15AM				
8:00AM	DEEP H ₂ O COMBO 8:15-9AM One Lap Lane	LAP SWIM 8:15-9:00AM	DEEP H ₂ O COMBO 8:15-9AM One Lap Lane	LAP SWIM 8:15-9:00AM	DEEP H ₂ O COMBO 8:15-9AM One Lap Lane	LAP SWIM (6 Lanes) 8-8:30AM	
9:00AM	AQUACISE 9-9:50AM One Lap Lane	AQUA ZUMBA 9-9:50AM One Lap Lane	AQUACISE 9-9:50AM One Lap Lane	AQUACISE 9-9:50AM One Lap Lane	AQUACISE 9-9:50AM One Lap Lane	SWIM CLUB (6 Lanes) 8:30-11:00AM	
10:00AM	YOUTH CLASSES/ LAP SWIM (2 Lanes) 10-11:00AM	YOUTH CLASSES/ LAP SWIM (2 Lanes) 10-11:00AM	YOUTH CLASSES/ LAP SWIM (2 Lanes) 10-11:00AM	YOUTH CLASSES/ LAP SWIM (2 Lanes) 10-11:00AM	YOUTH CLASSES/ LAP SWIM (2 Lanes) 10-11:00AM	LAP SWIM (3 Lanes) YOUTH CLASSES 11:00-12:00PM	
11:00AM	LAP SWIM (6 Lanes) 11-12:00PM	LAP SWIM (6 Lanes) 11-12:00PM	LAP SWIM (6 Lanes) 11-12:00PM	LAP SWIM (6 Lanes) 11-12:00PM	LAP SWIM (6 Lanes) 11-12:00PM		
12:00PM	LAP SWIM (6 Lanes) 12:00-2:30PM	LAP SWIM (6 Lanes) 12:00-2:30PM	LAP SWIM (6 Lanes) 12:00-2:30PM	LAP SWIM (6 Lanes) 12:00-2:30PM	LAP SWIM (6 Lanes) 12:00-2:30PM	AQUA ZUMBA 12-1:00PM One Lap Lane	
1:00PM							
2:00PM	LAP SWIM (2 Lanes) Groups (4 Lanes) 2:30-3:45PM	LAP SWIM (2 Lanes) Groups (4 Lanes) 2:30-3:45PM	LAP SWIM (2 Lanes) Groups (4 Lanes) 2:30-3:45PM	LAP SWIM (2 Lanes) Groups (4 Lanes) 2:30-3:45PM	LAP SWIM (2 Lanes) Groups (4 Lanes) 2:30-4:00PM	OPEN SWIM/ LAP SWIM (3 Lanes**) 1-4:30PM	OPEN SWIM/ LAP SWIM (3 Lanes**) 1-4:30PM
3:00PM	SWIM CLUB (5 Lanes) 3:45-5:10PM One Lap Lane	SWIM CLUB (5 Lanes) 3:45-6:00PM One Lap Lane	SWIM CLUB (5 Lanes) 3:45-5:10PM One Lap Lane	SWIM CLUB (5 Lanes) 3:45-6:00PM One Lap Lane			
4:00PM	SWIM LESSONS/ LAP SWIM (3 Lanes) 5:10-6:00PM		SWIM CLUB (5 Lanes) 4:00-6:30PM One Lap Lane				
5:00PM							
6:00PM	DEEP H ₂ O COMBO 6:05-7:00PM One Lap Lane	Swim Club (5 Lanes) 6:00-7:00PM One Lap Lane	DEEP H ₂ O COMBO 6:05-7:00PM One Lap Lane	Swim Club (5 Lanes) 6:00-7:00PM One Lap Lane	LAP SWIM (6 Lanes) 6:30-8:00PM	POOL CLOSURES AT 4:30PM	
7:00PM	Swim Club (5 Lanes) 7:00-9:15PM One Lap Lane	Swim Club (5 Lanes) 7:00-7:30PM One Lap Lane	Swim Club (5 Lanes) 7:00-9:15PM One Lap Lane	Swim Club (5 Lanes) 7:00-7:30PM One Lap Lane			
8:00PM		LAP SWIM (6 Lanes) 7:30-8:15PM		LAP SWIM (6 Lanes) 7:30-8:15PM			
9:00PM	POOL CLOSURES AT 9:15PM					POOL CLOSURES AT 8:00PM	 <p>YMCA of Portsmouth 4900 High Street West Portsmouth, VA 23703 (757)483-9622</p>

*Schedule may change due to extenuating circumstances.

**Available lanes on Saturday and Sunday afternoons may vary due to patron loads.

- ❖ TEMPERATURE is maintained at 84
- ❖ POOL LAP SWIM is for members age 16 or older. There is a 30-minute limit during peak times. Please ask lifeguards for assistance.
- ❖ OPEN SWIM – the pool is available for lap swimming and/or recreational swimming.
- ❖ DEEP H₂O COMBO – A low impact aerobic aquacise class done primarily in deep water.
- ❖ AQUACISE – A low impact medium/high intensity water aerobic class done in the shallow end.
- ❖ NO DIVING ALLOWED – Unless supervised by an instructor during class or swim club/team practice.