



## Competition Pool Schedule July 1st - July 31st 2019

**FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**

Monday	Tuesday	Wed	Thursday	Friday	Saturday	Sunday
*Lap swim Open Lanes (8) 5:30am-7am	*Lap swim Open Lanes (8) 5:30am-7am	*Lap Swim Open Lanes (8) 5:30am-7am	*Lap Swim Open Lanes (8) 5:30am-6:30am	*Lap Swim Open Lanes (8) 5:30am-7am	Pool Opens @ 7am	
*Lap swim Open Lanes (8) 7am—9am	LY Swim Team *Lap Swim Open Lanes (3) 7am - 8:45am	*Lap swim Open Lanes (8) 7am—9am	LY Swim Team *Lap Swim Open Lanes (3) 6:30am-8:45am	LY Swim Team *Lap Swim Open Lanes (3) 7am - 8:45am	Open Lanes (8) 7am-9am	
Deep H2O 9am-10am  *Lap swim Open Lanes (5) 9am-10am	Deepwater Cardio Combo 9am-10am  *Lap swim Open Lanes (5) 9am-10am	Deep H2O 9am-10am  *Lap swim Open Lanes (5) 9am-10am	Deepwater Cardio Combo 9am-10am  *Lap swim Open Lanes (5) 9am-10am	Deep H2O 9am-10am  *Lap swim Open Lanes (5) 9am-10am	Aqua Zumba 9am-10am  *Lap swim Open Lanes (5) 9am-10am	
*Lap swim Open Lanes (8) 10am-11am	*Lap Swim Open lanes (8) 10am-11am	*Lap Swim Open lanes (8) 10am-11am	*Lap Swim Open lanes (8) 10am-11am	*Lap swim Open Lanes (8) 10am-11am	*Lap swim Open Lanes (8) 10am-11am	
Master’s Swim Open Lanes (2) 11am-12pm	*Lap Swim Open lanes (8) 11am-12pm	*Lap Swim Open lanes (8) 11am-12pm	*Lap Swim Open lanes (8) 11am-12pm	*Lap Swim Open lanes (8) 11am-12pm	*Lap Swim Open lanes (8) 11am-12pm	Pool Opens @ 12pm
*Lap swim Open Lanes (8) 12pm - 5:30pm	*Lap Swim Open lanes (8) 12pm - 5:30pm	*Lap swim Open Lanes (8) 12pm - 5:30pm	*Lap Swim Open lanes (8) 12pm - 5:30pm	*Lap Swim Open lanes (8) 12pm - 7:45pm	*Lap Swim Open lanes (8) 12pm-5:45pm	*Lap Swim Open lanes (8) 12pm -5:45pm
Aqua Zumba 5:30pm - 6:30pm  Open Lanes (5)	Aqua Zumba 5:30pm - 6:30pm  Open Lanes (5)	Aqua Boot Camp 5:30pm - 6:30pm  Open Lanes (5)	Aqua Zumba 5:30pm - 6:30pm  Open Lanes (5)	Pool Closes @ 7:45pm	Pool Closes @ 5:45pm	Pool Closes @ 5:45pm
*Lap swim Open Lanes (8) 6:45pm-8pm	*Lap swim Open Lanes (8) 6:45pm-8pm	*Lap swim Open Lanes (8) 6:45pm-8pm	*Lap swim Open Lanes (8) 6:45pm-8pm	<div>Lap Swim ( ) = # of Open Lanes</div> <div>Water Fitness</div> <div>LY Swim Team &amp; Masters</div> <div>Pool Opens &amp; Closes</div>	<div>*Schedule is subject to change</div> <div>Comp Pool Temp: 80 - 82 Number of lanes: 8 lanes Distance: 1 length = 25 yards 35 laps = 1 mile</div>	
*Lap swim Open Lanes (8) 8pm-9pm	*Lap swim Open Lanes (8) 8pm-9pm	*Lap swim Open Lanes (8) 8pm-9pm	*Lap swim Open Lanes (8) 8pm-9pm			
*Lap Swim Open lanes (8) 9pm—9:45pm	*Lap Swim Open lanes (8) 9pm—9:45pm	*Lap Swim Open lanes (8) 9pm—9:45pm	*Lap Swim Open lanes (8) 9pm—9:45pm			

The Masters Swim is a free program designed for swimmers who want to improve stroke technique and work on endurance. Our coach will be able to give you a challenging and beneficial workout for your level of swimming.

**Monday 11am - 12pm**

**Contact Karlie Cofer**  
**434.582.1900 x 235**  
**karliecofer@ymcacva.org**

## Water Fitness Class Descriptions

**Deep H2O:** A great non-impact workout using floatation devices in the deep water.

**Combo H2O:** A combination of deep and shallow water workouts that focus on cardio conditioning.

**Aqua Zumba:** A fun high energy class designed to get you moving. This class is great for cardio conditioning.

**Aqua Boot Camp:** A high intensity, high energy water workout. Combining aspects of deep and shallow water training this is an entire body workout and a guaranteed calorie burner.

### Circle swim: Circle Swimming Etiquette:

- \* Please swim in a counter-clockwise pattern.
- Notify all swimmers in a lane before you enter and begin swimming.
- \* When entering a lane please give the current swimmer the right of way.
- \* Please limit the amount of time you rest at the end of the lane and move out of the way of other swimmers.
- \* A lifeguard may ask you to move to another lane. Please comply, as this will make swimming safer & more enjoyable for all.