

Massad Indoor Pool Schedule January 2017 - May 2017

Exercise Pool

Monday / Wednesday	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
5:00AM - 9:00AM	Adult Lap Swim					
9:00AM - 9:55AM	Adult Lap Swim		Family Lap Swim		Open Swim	
10:00AM - 11:00AM	Adult Lap Swim	Deep Water Aerobics (10am - 11am)*				
11:00AM - 3:00PM	Adult Lap Swim	MON: Adult Lap Swim / WED: NAVY TRAINING GROUP			Open Swim	
3:00PM - 4:00PM	High School Practice / POOL CLOSED FOR CLEANING AND MAINTENANCE					
4:00PM - 6:15PM	RAYS Swim Team				Adult Lap Swim	
6:15PM - 8:25PM	RAYS Swim Team				Adult Lap Swim	

Tuesday / Thursday	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
5:00 AM - 10:00AM	Adult Lap Swim					
10:00AM - 11:00AM	TH: Hydro-FIRE (10am - 11am)		Adult Lap Swim			
11:00AM - 3:00PM	Adult Lap Swim					
3:00PM - 4:00PM	High School Practice / POOL CLOSED FOR CLEANING AND MAINTENANCE					
4:00PM - 6:15PM	RAYS Swim Team				Adult Lap Swim	
6:15PM - 8:25PM	RAYS Swim Team				Adult Lap Swim	

Friday	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
5:00AM - 9:00AM	Adult Lap Swim					
9:00AM - 9:55AM	Adult Lap Swim		Family Lap Swim		Open Swim	
10:00AM - 11:00AM	Adult Lap Swim	Deep Water Aerobics (10am - 11am)*				
11:00AM - 3:00PM	Adult Lap Swim				Open Swim	
3:00PM - 4:00PM	High School Practice / POOL CLOSED FOR CLEANING AND MAINTENANCE					
4:00PM - 6:15PM	RAYS Swim Team				Adult Lap Swim	
6:15PM - 8:25PM	RAYS Swim Team				Adult Lap Swim	

Saturday	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
5:00AM - 9:30AM	Adult Lap Swim					
9:30AM - 11:00AM	Adult Lap Swim		Adult Exercise on Own			
11:00AM - 5:25PM	Adult Lap Swim		Family Lap Swim		Open Swim	

Sunday	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
12:00PM - 3:30PM	Adult Lap Swim					
3:30PM - 4:30PM	Special Olympics Practice					
4:30PM - 5:25PM	Adult Lap Swim					

Pool Notes:

- From November until February, High School Swim Team will occupy the Exercise Pool Mon. – Fri. from 3pm-4. **BOTH POOLS WILL BE CLOSED DURING PRACTICE.**
- *Deep End Lap swim will be available in the Wellness Pool.
- **Family Fun Fridays is in the Ramp and Open Swim areas on the 2nd Friday of each month. Come in for games and activities. A swim instructor will also be available.
- All children under 13 must be swim tested if they want to be in water passed their armpits. Please ask the on-duty supervisor for more details about this test.
- Only patrons and guests with swimsuits will be allowed in the pool.



POOL FUN FOR ALL AGES

Year-Round Aquatics
Our Indoor Aquatics Facility is open year-round for swim lessons and so much more!



**HAVE FUN
MAKE FRIENDS
GET FIT**



**LIFEGUARD
CERTIFICATION
AND
RE-CERTIFICATION**

Kathy Sterling - Senior Aquatics Director: ksterling@family-ymca.org / (VM)540-371-9622 ext.1020
Valerie Wiss - Senior Aquatics Coordinator (Lessons / Classes): vwiss@family-ymca.org / 540-371-9622 ext. 1019
Ethan Larne - Lifeguard Supervisor (Evenings / Sundays) / Pool Rentals: elarne@family-ymca.org / 540-371-9622 ext. 1034
Ryan Henry - Lifeguard Supervisor (Morning / Daytime): rhenry@family-ymca.org / 540-371-9622 ext. 1034
Michael O'Hara - Lifeguard Supervisor (Saturday): 540-371-9622 ext. 1034

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Wellness Pool

Monday / Wednesday	RAMP	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	JETS	
6:30AM - 9:00AM		Parent AND Tot under 5 yrs. Old		Adult Lap Swim		Adult Exercise on Own		ON		
9:00AM - 11:00AM		Deep and Shallow Water Aerobics (starts at 8:45am)		Adult Lap Swim	YMCA Swim Lessons	Sunfish (9:45am - 10:30am)		OFF		
11:00AM - 12:00PM		Shallow Water Aerobics (Lanes 1 - 7)				Deep End Adult Lap Swim		OFF		
12:00PM - 1:00PM		Aqua Zumba (Mondays only)		Adult Lap Swim		YMCA Swim Lessons		OFF		
1:00PM - 3:00PM	Mushroom ON	Open Swim		Adult Lap Swim		Open Swim		ON		
3:00PM - 4:00PM	POOL CLOSED FOR CLEANING AND MAINTENANCE									
4:00PM - 4:30PM	NO OPEN	Adult Exercise on Own		Adult Lap Swim		Adult Exercise on Own		OFF		
4:30PM - 5:45PM	SWIM MONDAY	YMCA Swim Lessons		RAYS Swim Team		YMCA Swim Lessons		OFF		
5:45PM - 7:00PM	& WEDNESDAY	YMCA Swim Lessons		Adult Lap Swim	RAYS Swim Team (6:15pm - 7:15)	YMCA Swim Lessons		OFF		
7:00PM - 7:25PM	NIGHTS	Deep Water Aerobics (7:00pm - 7:45pm)		Adult Lap Swim	RAYS Swim Team (6:15pm - 7:15)	YMCA Swim Lessons		OFF		
7:30PM - 8:25PM		Aqua Zumba (Wed. Only) & Shallow Water Aerobics (7:30pm - 8:25pm)								OFF

Tuesday / Thursday	RAMP	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	JETS
6:30AM - 8:45AM		Adult Exercise on Own		Adult Lap Swim		Adult Exercise on Own		ON	
8:45AM - 10:00AM		Water Aerobics (8:45am - 9:45am)		Adult Lap Swim		Sunfish (9:45am - 10:30am)		OFF	
10:00AM - 12:00PM		Arthritis I & II (Lanes 1 - 7)				Deep End Exercise on Own and Adult Lap Swim		OFF	
12:00PM - 3:00PM		Adult Therapy / Exercise on Own		Adult Lap Swim		Adult Exercise on Own		SwimKids	
3:00PM - 4:00PM	POOL CLOSED FOR CLEANING AND MAINTENANCE								
4:00PM - 4:30PM		Open Swim		Adult Lap Swim		Open Swim		ON	
4:30PM - 6:15PM	Mushroom ON	Open Swim		Adult Lap Swim	RAYS Swim Team (4:30pm - 7:15pm)		Open Swim		ON
6:15PM - 8:25PM	Mushroom ON	Adult Lap Swim		RAYS Swim Team (4:30pm - 7:15pm)		Open Swim		ON	

Friday	RAMP	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	JETS
6:30AM - 9:00AM		Parent AND Tot under 5 yrs. Old		Adult Lap Swim		Adult Exercise on Own		ON	
9:00AM - 11:00AM		Water Aerobics (8:45am - 9:45am)		Adult Lap Swim		Sunfish (9:45am - 10:30am)		OFF	
11:00AM - 12:00PM		Shallow Water Aerobics (Lanes 1 - 7)				Deep End Adult Lap Swim		OFF	
12:00PM - 3:00PM	YMCA Preschool Swim (12pm - 1pm)	Open Swim		Adult Lap Swim		Adult Exercise	YMCA Swim Lessons		ON
3:00PM - 4:00PM	POOL CLOSED FOR CLEANING AND MAINTENANCE								
4:00PM - 4:30PM		Open Swim		Adult Lap Swim		Open Swim		ON	
4:30PM - 6:15PM	Mushroom ON	Open Swim		Adult Lap Swim	RAYS Swim Team		Open Swim		ON
6:15PM - 7:15PM	Mushroom ON**	Adult Lap Swim		RAYS Swim Team		Open Swim**		ON	
7:15PM - 8:25PM	Mushroom ON	Open Swim		Adult Lap Swim		Open Swim		ON	

Saturday	RAMP	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	JETS
6:30AM - 8:30AM		Adult Exercise on Own		Adult Lap Swim		Adult Exercise on Own		ON	
8:30AM - 11:40AM	YMCA SWIM LESSONS ONLY								
11:45AM - 12:30PM		Arthritis Class I & II		Adult Lap Swim		Adult Exercise on Own		OFF	
12:30PM - 5:25PM	Mushroom ON	Open Swim		Adult Lap Swim		SwimKids	Open Swim		SwimKids

Sunday	RAMP	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	JETS
12:00PM - 5:15PM	Mushroom ON	Open Swim		Adult Lap Swim		SwimKids	Open Swim		SwimKids

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