



SwimRVA Pool Schedule

September 25 - October 1, 2017

*** pool schedules are subject to change ***

	COMPETITION POOL		THERAPY POOL	INSTRUCTIONAL POOL		
	Hours	Lap Lanes		Hours	Lap Lanes	Family Swim
MONDAY September 25	6:00a-7:15a (50M)	4 lanes	6:00a-7:30a open	6:00a-7:00a	2 lanes	avail
	7:15a-9:00a (50M)	8 lanes	7:30a-6:00p closed	7:00a-9:30a	2 lanes	not avail
	9:00a-12:00p (50M)	6 lanes	6:00p-9:00p open	9:30a-5:30p	2 lanes	avail
	12:00p-1:00p (50M)	8 lanes		5:30p-6:00p	2 lanes	not avail
	1:00p-2:00p	0 lanes	*45 minute limit on treadmills	6:00p-7:00p	closed	
	2:00p-3:45p (25Y)	21 lanes		7:00p-7:45p	2 lanes	not avail
	3:45p-4:45pp (25Y)	14 lanes		7:45p-9:00p	2 lanes	avail
	4:45p-6:00p (25Y)	18 lanes				
	6:00p-7:00p (25Y)	10 lanes				
	7:00p-8:30p (25Y)	17 lanes				
8:30p-9:00p (25Y)	21 lanes					
TUESDAY September 26	6:00a-7:30a (25Y)	18 lanes	6:00a-8:00a open	6:00a-7:00a	2 lanes	avail
	7:30a-9:00a (25Y)	21 lanes	8:00a-6:00p closed	7:00a-9:30a	2 lanes	not avail
	9:00a-10:00p (25Y)	18 lanes	6:00p-9:00p open	9:30p-12:30p	2 lanes	avail
	10:00a-1:00p (25Y)	21 lanes		12:30p-1:00p	1 lanes	not avail
	1:00p-1:30p (25Y)	18 lanes	*45 minute limit on treadmills	1:00p-3:15p	1 lanes	avail
	1:30p-3:45p (25Y)	21 lanes		3:15p-4:30p	1 lanes	not avail
	3:45p-4:45p (25Y)	17 lanes		4:30p-5:30p	closed	
	4:45p-6:00p (25Y)	21 lanes		5:30p-6:00p	2 lane	not avail
	6:00p-7:00p (25Y)	15 lanes		6:00p-7:00p	closed	
	7:00p-8:30p (25Y)	17 lanes		7:00p-8:00p	2 lanes	not avail
8:30p-9:00p (25Y)	21 lanes		8:00p-9:00p	2 lanes	avail	
WEDNESDAY September 27	6:00a-7:15a (50M)	4 lanes	6:00a-7:30a open	6:00a-7:00a	2 lanes	avail
	7:15a-9:00a (50M)	8 lanes	7:30a-6:00p closed	7:00a-9:15a	2 lanes	not avail
	9:00a-11:45a (50M)	6 lanes	6:00p-9:00p open	9:15p-5:30p	2 lanes	avail
	11:45a-1:00p (50M)	8 lanes		5:30p-6:00p	2 lanes	not avail
	1:00p-2:00p	0 lanes	*45 minute limit on treadmills	6:00p-7:00p	closed	
	2:00p-3:45p (25Y)	21 lanes		7:00p-7:45p	2 lanes	not avail
	3:45p-4:45p (25Y)	14 lanes		7:45p-9:00p	2 lanes	avail
	4:45p-6:00p (25Y)	18 lanes				
	6:00p-7:15p (25Y)	15 lanes				
	7:15p-8:30p (25Y)	17 lanes				
8:30p-9:00p (25Y)	21 lanes					



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	COMPETITION POOL		THERAPY POOL	INSTRUCTIONAL POOL		
	Hours	Lap Lanes		Hours	Lap Lanes	Family Swim
THURSDAY September 28	6:00a-7:30a (25Y) 7:30a-9:00a (25Y) 9:00a-10:30p (25Y) 10:30p-1:00p (25Y) 1:00p-1:30p (25Y) 1:30p-3:45p (25Y) 3:45p-4:45p (25Y) 4:45p-6:00p (25Y) 6:00p-7:00p (25Y) 7:00p-8:30p (25Y) 8:30p-9:00p (25Y)	18 lanes 21 lanes 18 lanes 21 lanes 18 lanes 21 lanes 17 lanes 21 lanes 15 lanes 17 lanes 21 lanes	6:00a-1:30p open 1:30p-2:30p closed 2:30p-9:00p open *45 minute limit on treadmills	6:00a-7:00a 7:00a-9:30a 9:30a-12:30p 12:30a-1:00p 1:00p-1:30p 1:30p-2:30p 2:30p-3:15p 3:15p-4:30p 4:30p-5:30p 5:30p-6:00p 6:00p-7:00p 7:00p-8:00p 8:00p-9:00p	2 lanes 2 lanes 2 lanes 2 lanes 2 lanes closed 2 lanes 1 lanes closed 2 lane closed 2 lanes 2 lanes	avail not avail avail not avail avail closed avail not avail closed not avail closed not avail avail
FRIDAY September 29	6:00a-7:15a (50M) 7:15a-10:00a (50M) 10:00a-11:45a (50M) 11:45a-8:00p (50M)	4 lanes 8 lanes 6 lanes 8 lanes	6:00a-7:30a open 7:30a-8:00p closed 4:00p-8:00p open *45 minute limit on treadmills	6:00a-7:00a 7:00a-9:30a 9:30-8:00p	2 lanes 2 lanes 2 lanes	avail not avail avail
SATURDAY September 30	10:00a-2:00p (25Y) 2:00p-5:00p (25Y) VSI Athlete Clinic	10 lanes 20 lanes	10:00a-5:00p open *45 minute limit on treadmills	10:00a-5:00p	2 lanes	avail
SUNDAY October 1	12:00p-5:00p (50M)	8 lanes	12:00p-5:00p open *45 minute limit on treadmills	12:00p-5:00p	2 lanes	avail