



Pool Schedule February 28,2010 - May 1,2010

We build strong kids, strong families, strong communities.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30am							
7am	SMAC		SMAC		SMAC		7am
8am	WA		WA		WA	SMAC	
9am	WA		WA		WA		
10am		WA		WA			
11am	Berkley Glen	SL		SL	CC	William Perry	
12pm	Open Swim	CC		CC		Berkley Glen	
1pm	WA	WA		WA	WA	SL	12:30pm
2pm	Happy Ducks	William Perry	Happy Ducks	SL	Happy Ducks		
3pm					HS 2-3		
4pm		CC 3:45-4:30		CC 3:45-4:30		Open Swim 1:00pm - 6:30pm	Open Swim 1:00pm - 6:30pm
4:30pm		SL		SL			
5:30pm	SMAC 4-8:30PM	MM 4-5PM	SMAC 4-8:30PM	SMAC 4-8:30PM	SMAC 4-8:15PM		
6pm		SMAC 4:30 - 8:45		SMAC 4:30 - 8:45			
7pm							
8:30pm	WA	MS	Open Swim	MS	Open Swim		
9:00pm							

- WA Water Aerobics
- SL Swim Lessons
- CC ChildCare
- MM Mini Marlins - Start 1/25/10
- HS Home School \$5 2-3PM

- SMAC Shenandoah Marlins Aquatic Club
- MS Master Swim See SMAC for INFO

MARCH 13, 2010 SMAC SWIM MEET - POOL CLOSED ALL DAY

Healthy Swimming:
Showering prior to entering the pool is required! Thank you for not sharing germs, sweat, dirt and other pollutants in the pool.

NO LAP LANES AVAILABLE: M-W-F 3:30-5:00PM and T/TH 3:30-5:30PM

William Perry Tuesday, March 23, April 27, May 25 12:30-1:30PM
 Fridays March 19, April 23, and May 14 10-11AM

Berkley Glen Start March 15, 2010

Private Swim Lessons Available: Please call 540-943-9622 or email ymca.aquatics@ntelos.net