

YMCA OF MOUNT VERNON POOL SCHEDULE

March 7th – May 8th

POOL WILL BE CLOSED MARCH 4TH- MARCH 6TH

*MARCH 25TH 27TH-NO SWIM LESSONS OR SWIM CLUB. OPEN SWIM WILL BE HELD DURING THAT TIME.
THE POOL WILL BE CLOSED ON FRIDAY, MARCH 29th for GOOD FRIDAY.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6am- 8:45am Lap Swim	6am- 8:45am Lap Swim	6am- 8:45am Lap Swim	6am- 8:45am Lap Swim	6am- 8:45am Lap Swim	7:30am- 9am Lap Swim
8:45am-9am Rest Break	8:45am-9am Rest Break	8:45am-9am Rest Break	8:45am-9am Rest Break	8:45am-9am Rest Break	9am-9:15am Rest Break
9am-9:45am Aqua Aerobics Vicky	9am-9:45am Aqua Aerobics Carol	9am-9:45am Aqua Aerobics Vicky	9am-9:45am Aqua Aerobics Carol	9am-9:45am Aqua Aerobics Brittany	9:15am- 12pm Open Swim w/one lap lane
9:50am - 11:30am Open Swim w/ Two Lap Lanes	9:50am - 11:30am Open Swim w/ Two Lap Lanes	9:50am - 11:30am Open Swim w/ Two Lap Lanes	9:50am - 11:30am Open Swim w/ Two Lap Lanes	9:50am - 11:30am Open Swim w/ Two Lap Lanes	
11:30am- 11:45am Rest Break	11:30am-11:45am Rest Break	11:30am- 11:45am Rest Break	11:30am-11:45am Rest Break	11:30am- 11:45am Rest Break	
11:45am- 1pm Adult Lap Swim	11:45am- 1pm Adult Lap Swim	11:45am- 1pm Adult Lap Swim	11:45am- 1pm Adult Lap Swim	11:45am- 1pm Adult Lap Swim	
Swim Lessons 4:00pm-6:50 pm	3:45pm-5pm open swim w/ Two lap lanes	Swim Lessons 4:00pm-6:50 pm	3:45pm-5pm open swim w/ Two lap lanes		
*MARCH 25TH- OPEN SWIM	5:15pm-6pm Aqua Aerobics Vicky	*MARCH 27TH- OPEN SWIM	5:15pm-6pm Aqua Aerobics Kate		4:30pm-7:30pm Open Swim W/ Two Lap Lanes
	6pm-7pm SWIM CLUB *MARCH- 26TH- OPEN SWIM		6pm-6:50pm Open Swim W/ Two Lap Lanes		
6:50pm-7pm Rest Break	6:50pm-7pm Rest Break	6:50pm-7pm Rest Break	6:50pm-7pm Rest Break		
7pm- 7:45pm Open Swim w/Two Lap Lanes	7pm- 7:45pm Open Swim w/Two Lap Lanes	7pm- 7:45pm Open Swim w/Two Lap Lanes	7pm- 7:45pm Open Swim w/Two Lap Lanes		

Lap Swim: Walk, Jog or Swim laps.

Adult Lap Swim: Walk, Jog or Swim laps. (must be 18 or older)

Aqua Aerobics: A moderate to high cardio workout which will increase your heart rate and strengthen your heart and muscles utilizing the water as a resistor to improve physical endurance with low impact on your joints. All water aerobics classes will be held in the shallow end. Each instructor will teach their own unique style while giving an effective pool workout.

Swim Lessons: At the YMCA we offer progressive swim lessons for ages 6 months and up. Please refer to www.mtvymca.org for specific details. (Must register for lessons)

Open Swim w/ 1 Lap Lane: Pool is open with one lane available to lap circle swim style.

Rest Break: The pool is closed for lifeguard to take a break.

- An ADA accessible pool lift is available for use Monday-Thursday 9am-12pm and 3pm-6pm, Friday 9am-12pm.
- Children who would like to swim in the deep end MUST pass a YMCA swim test. The lifeguard on duty will make the final decision on admittance to the deep end of the pool.
- Children ages 8 and under must have an adult within arms reach in the water with them at all times or children ages 7-8 can have an adult on the pool deck with them if they pass a swim test. Children ages 9-13 must have an adult in the building at all times.