

October 1-8th 2017

	SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:45-6:30 AM		CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED
6:30-7:00 AM		ADULT LAP, AQUA JOG OR WALK 6:30 – 8:30 AM	ADULT LAP, AQUA JOG OR WALK 6:30 – 9:00 AM	ADULT LAP, AQUA JOG OR WALK 6:30 – 8:30 AM	ADULT LAP, AQUA JOG OR WALK 6:30 – 9:00 AM	ADULT LAP, AQUA JOG OR WALK 6:30 – 8:30 AM	ADULT LAP, AQUA JOG WALK 7:00 – 9:45AM
7:00-8:00 AM							
8:00-8:30 AM							
8:30-9:00 AM		AQUA FIT AEROBICS 8:35-9:35 AM		AQUA FIT AEROBICS 8:35-9:35 AM		AQUA FIT AEROBICS 8:35-9:35 AM	
9:00-9:30 AM							
9:30-10:00 AM		SPLASH AEROBICS 9:35-10:35 AM	FLUID STRENGTH 9:00AM – 10:00 AM	SPLASH AEROBICS 9:35-10:35 AM	FLUID STRENGTH 9:00AM-10:00 AM	SPLASH AEROBICS 9:35-10:35 AM	FAMILY SWIM 10:00AM-11:00AM
10:00-10:30 AM							
10:30-11:00 AM		OPEN SWIM w/ 1 LAP LANE 10:40 AM – 12:00 PM	OPEN SWIM w/ 1 LAP LANE 10:05 AM – 12:00PM	OPEN SWIM w/1 LAP LANE 10:40 AM – 12:00PM	OPEN SWIM w/ 1 LAP LANE 10:05 AM – 11:15AM	OPEN SWIM w/1 LAP LANE 10:40 AM – 12:00PM	
11:00-11:30 AM					CLOSED for CHILDCARE 11:15 AM – 11:45 AM		OPEN SWIM w/ 1 LAP LANE 11:00AM-11:50AM
11:30-12:00 PM					ADULT LAP ONLY 11:50 AM- 12:00PM		
12:00-1:00 PM		ADULT LAP ONLY 12:00-1:00pm	ADULT LAP ONLY 12:00-1:00pm	ADULT LAP ONLY 12:00-1:00pm	ADULT LAP ONLY 12:00-1:00pm	ADULT LAP ONLY 12:00-1:00pm	ADULT LAP ONLY 12:00-12:45pm
1:00-3:00PM		CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED
3:30-4:00 PM		OPEN SWIM w/ 1 lap lane 3:30-4:30 pm	OPEN SWIM w/ 1 lap lane 3:30-6:00 pm	OPEN SWIM w/ 1 lap lane 3:30-4:30 pm	OPEN SWIM w/ 1 lap lane 3:30-6:00 pm	OPEN SWIM w/ 1 lap lane 3:30-6:00 pm	
4:00-5:00PM							
5:00-5:30 PM							
6:00-7:30 PM		CLOSED SWIMMING LESSONS 4:30PM-8PM	FAMILY SWIM 6:15-7:45pm	CLOSED SWIMMING LESSONS 4:30PM-8PM	OPEN SWIM w/ 1 lap lane 6:15-7:45 pm	FAMILY SWIM 6:15-7:45pm	
7:30-8:00 PM							
8:00-8:45 PM							
		ADULT LAP ONLY 8p	ADULT LAP ONLY 8p	ADULT LAP ONLY 8p	ADULT LAP ONLY 8p	ADULT LAP ONLY 8p	

Adult Lap, Aqua Jog or Walk = time for swimmers 14 years of age or older to swim continuous back and forth lap, and/or walk/jog continuous back and forth in a lane.

- **ADULT LAP ONLY** = time for swimmers 14 years of age or older **to swim continuous back and forth lap swimming**. If you wish to walk or jog, **please** attend the early morning Adult Lap/Aqua Jog/ or Walk slot, or any **OPEN SWIM** time slot.
- **OPEN SWIM w/ 1 Lap Lane** = 1 lap lane will be available for swimmers 14 years of age or older to swim continuous back and forth lap swimming during OPEN SWIM slot.
- **FAMILY SWIM** = time for FAMILIES (Adult+child(ren)relatives) to enjoy the pool together with fewer distractions & noise than they may experience during OPEN SWIM slot.
- Children 8 years of age or younger, must have an adult (someone 18 years of age or older) **in the water with them. (Even if wearing a Coast Guard approved lifejacket!)**
- Children 9-13 years of age, must have an adult (someone 18 years of age or older) in the YMCA of Mount Vernon building **at all times, and have passed the swim test.**
- Children who would like to swim in the deep end, must pass our swim test. The lifeguard **on duty** has the last word on admittance to the deep end of the pool.