

NOVEMBER 1-20TH, 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 – 11:15AM	OPEN SWIM w/ 1 LAP LANE 10:05 AM – 11:15AM	OPEN SWIM w/1 LAP LANE 10:40 AM – 12:00PM	OPEN SWIM w/ 1 LAP LANE 11:00AM-11:50AM
11:00-11:30 AM					CLOSED for CHILDCARE 11:15 AM – 11:45 AM		
11:30-12:00 PM				CLOSED for ABC's 11:30-12:00pm	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 12:00-1:00pm
1:00-3:00PM		CLOSED	CLOSED	CLOSED 1:00-2:30pm	CLOSED	CLOSED	CLOSED
3:30-4:00 PM				CLOSED for leap's 2:30-3:00pm			
3:30-4:00 PM		OPEN SWIM w/ 1 lap lane 3:30-6:00 pm	OPEN SWIM w/ 1 lap lane 3:30-4:15 pm	CLOSED Mount Vernon High School swim team practice 3:30-4:10pm	OPEN SWIM w/ 1 lap lane 3:30-4:15 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		OPEN SWIM w/ 1 lap lane 6:15-7:45 pm	CLOSED SWIMMING LESSONS 4:30PM-8PM	CLOSED SWIMMING LESSONS 4:30PM-8PM	CLOSED SWIMMING LESSONS 4:30PM-8PM	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.