

**Feb. 1-13, 2018**

	SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:45-6:30 AM		<b>CLOSED</b>	<b>CLOSED</b>	<b>CLOSED</b>	<b>CLOSED</b>	<b>CLOSED</b>	<b>CLOSED</b>
6:30-7:00 AM		ADULT LAP, AQUA JOG OR WALK <b>6:30 – 8:30 AM</b>	ADULT LAP, AQUA JOG OR WALK <b>6:30 – 9:00 AM</b>	ADULT LAP, AQUA JOG OR WALK <b>6:30 – 8:30 AM</b>	ADULT LAP, AQUA JOG OR WALK <b>6:30 – 9:00 AM</b>	ADULT LAP, AQUA JOG OR WALK <b>6:30 – 8:30 AM</b>	ADULT LAP, AQUA JOG WALK <b>7:00 – 9:45AM</b>
7:00-8:00 AM							
8:00-8:30 AM							
8:30-9:00 AM		AQUA FIT AEROBICS <b>8:35-9:35 AM</b>		AQUA FIT AEROBICS <b>8:35-9:35 AM</b>		AQUA FIT AEROBICS <b>8:35-9:35 AM</b>	
9:00-9:30 AM							
9:30-10:00 AM		SPLASH AEROBICS <b>9:35-10:35 AM</b>	FLUID STRENGTH <b>9:00AM – 10:00 AM</b>	SPLASH AEROBICS <b>9:35-10:35 AM</b>	FLUID STRENGTH <b>9:00AM-10:00 AM</b>	SPLASH AEROBICS <b>9:35-10:35 AM</b>	FAMILY SWIM <b>10:00AM-11:00AM</b>
10:00-10:30 AM		OPEN SWIM w/ 1 LAP LANE <b>10:40 AM – 12:00 PM</b>	OPEN SWIM w/ 1 LAP LANE <b>10:05 AM – 12:00PM</b>	OPEN SWIM w/1 LAP LANE <b>10:40 AM – 11:15AM</b>	OPEN SWIM w/ 1 LAP LANE <b>10:05 AM – 11:15AM</b>	OPEN SWIM w/1 LAP LANE <b>10:40 AM – 12:00PM</b>	
10:30-11:00 AM							
11:00-11:30 AM							
11:30-12:00 PM				2/7/18 CLOSED for ABC's <b>11:30am-12:00pm</b>	ADULT LAP ONLY <b>11:50 AM- 12:00PM</b>		
12:00-1:00 PM	ADULT LAP ONLY <b>12:00-1:00pm</b>	ADULT LAP ONLY <b>12:00-1:00pm</b>	ADULT LAP ONLY <b>12:00-1:00pm</b>	ADULT LAP ONLY <b>12:00-1:00pm</b>	ADULT LAP ONLY <b>12:00-1:00pm</b>	ADULT LAP ONLY <b>12:00-1:00pm</b>	
1:00-3:00PM	<b>CLOSED</b>	<b>CLOSED</b>	<b>CLOSED</b>	<b>CLOSED 1:00-2:30pm</b>	<b>CLOSED</b>	<b>CLOSED</b>	<b>CLOSED</b>
				2/7/18 CLOSED for Leap's <b>2:30-3:00pm</b>			
3:30-4:00 PM		OPEN SWIM w/ 1 lap lane <b>3:30-6:00 pm</b>	OPEN SWIM w/ 1 lap lane <b>3:30-6:00 pm</b>	CLOSED Mount Vernon High School swim team practice <b>3:30-5:30pm</b>	OPEN SWIM w/ 1 lap lane <b>3:30-6:00 pm</b>	OPEN SWIM w/ 1 lap lane <b>3:30-6:00 pm</b>	
4:00-5:00PM							
5:00-5:30 PM							
6:00-7:30 PM		FAMILY SWIM <b>6:15-7:45pm</b>	OPEN SWIM w/ 1 lap lane <b>6:15-7:00 pm</b>	OPEN SWIM w/ 1 lap lane <b>5:45-7:45 pm</b>	OPEN SWIM w/ 1 lap lane <b>6:15-7:00 pm</b>	FAMILY SWIM <b>6:15-7:45pm</b>	
7:30-8:00 PM			Closed rental <b>7:00-8:00pm</b>	Closed rental <b>7:00-8:00pm</b>			
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.