

SEPTEMBER 4-14, 2018

	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 – 8:55 AM	ADULT LAP, AQUA JOG OR WALK 6:30 – 8:30 AM	ADULT LAP, AQUA JOG OR WALK 6:30 – 8:55 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		REST BREAK 830-835		REST BREAK 830-835		REST BREAK 830-835	
8:30-9:00 AM		AQUA FIT AEROBICS 8:35-9:35 AM	REST BREAK 8:55-9A	AQUA FIT AEROBICS 8:35-9:35 AM	REST BREAK 8:55-9A	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		REST BREAK 1035-1040	REST BREAK 10A-1005	REST BREAK 1035-1040	REST BREAK 10A-1005	REST BREAK 1035-1040	
11:00-11:30 AM		OPEN SWIM w/ 1 LAP LANE 10:40 AM – 11:45AM	OPEN SWIM w/1 LAP LANE 10:05 AM – 11:45AM	OPEN SWIM w/1 LAP LANE 10:40 AM – 11:45AM	OPEN SWIM w/ 1 LAPLANE 10:05 AM – 11:05AM	OPEN SWIM w/1 LAP LANE 10:40 AM – 11:45AM	OPEN SWIM w/1 LAP LANE 11:05 AM – 12:00PM
11:30-12:00 PM					CLOSED for CHILDCARE 11:15 AM – 11:45 AM		
12:00-1:00 PM		PACED LAP ONLY 12:00-1:00pm	PACED LAP ONLY 12:00-1:00pm	PACED LAP ONLY 12:00-1:00pm	PACED LAP ONLY 12:00-1:00pm	PACED LAP ONLY 12:00-1:00pm	ADULT LAP ONLY 12:00-1:00pm
1:00-3:00PM	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED
3:30-4:00 PM		OPEN SWIM w/ 1 lap lane 3:30-6:00 pm	OPEN SWIM w/ 1 lap lane 3:30-6:00 pm	Mount Vernon High School X-Country 3:30-5:30 PM	OPEN SWIM w/ 1 lap lane 3:30-6:00 p	OPEN SWIM w/ 1 lap lane 3:30-6:00 pm	
4:00-5:00PM							
6:00-6:15PM	CLOSED	BREAK/SETUP 6-615P	BREAK/SETUP 6-615P	BREAK/SETUP 530-545P	BREAK/SETUP 6-615P	BREAK/SETUP 6-615P	
6:15-7:45PM		FAMILY SWIM 6:15-7:45pm	OPEN SWIM w/ 1 lap lane 6:15-7:45 pm	FAMILY SWIM 5:45-7:45pm	OPEN SWIM w/ 1 lap lane 6:15-7:45pm	FAMILY SWIM 6:15-7:45pm	
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.

- **PACED LAP/ ADULT LAP ONLY** = time for swimmers 14 years of age or older to swim continuous back and forth lap swimming. CIRCLE STYLE in the correct speed lanes. PACED LAP= EX: 50 YDS IN 50 SEC. 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 being in 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) ARMS REACH, 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.