

OCTOBER 1-6, 2018- CHECK WEEKLY! WEEK BY WEEK CALENDAR ALL OF OCTOBER!

	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	REST BREAK 9:45-10
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		REST BREAK 1035-1040	REST BREAK 10A-1005	REST BREAK 1035-1040	REST BREAK 10A-1005	REST BREAK 1035-1040	
10:30-11:00 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 11:00AM – 11:45AM
11:00-11:30 AM							
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 3:30-4pm	OPEN SWIM w/ 1 lap lane 3:30-6:00 pm	OPEN SWIM w/1 3:30-4pm	OPEN SWIM w/ 1 lap lane 3:30-6:00 pm	
4:00-5:00PM							
6:00-6:15PM	CLOSED	BREAK/SETUP 6-615P	CLOSED SWIMMING LESSONS 4:15-8:00pm	BREAK/SETUP 6-615P	CLOSED SWIMMING LESSONS 4:15-8:00pm	BREAK/SETUP 6-615P	
6:15-7:45PM		FAMILY SWIM 6:15-7:45pm		FAMILY SWIM 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.

OCTOBER 7-13, 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							REST BREAK 9:45-10
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 – 11:20AM	OPEN SWIM w/ 1 LAPLANE 10:05 AM – 11:05AM	OPEN SWIM w/1 LAP LANE 10:40 AM – 11:45AM	**call before coming** (Back up date) CLOSED RENTAL 11:00 AM – 11:45AM 10/13/18
11:30-12:00 PM				CLOSED for ABC'S 11:30AM- 12:00PM	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
				CLOSED for LEAP 2:30- 3:00PM			
3:30-4:00 PM		OPEN SWIM w/ 1 lap lane 3:30-6:00 pm	OPEN SWIM w/1 3:30-4	OPEN SWIM w/ 1 lap lane 3:30-6:00 pm	OPEN SWIM w/1 3:30-4pm	OPEN SWIM w/ 1 lap lane 3:30-6:00 pm	
4:00-5:00PM							
6:00-6:15PM	CLOSED	BREAK/SETUP 6-615P	CLOSED SWIMMING LESSONS 4:15-8:00pm	BREAK/SETUP 6-615P	CLOSED SWIMMING LESSONS 4:15-8:00pm	BREAK/SETUP 6-615P	
6:15-7:45PM		FAMILY SWIM 6:15-7:45pm		FAMILY SWIM 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	

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- **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!)
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OCTOBER 14-20, 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							REST BREAK 9:45-10
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 – 11:20AM	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 11:00 AM – 11:45AM
11:30-12:00 PM				CLOSED for ABC'S 11:30AM- 12:00PM	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 CHURCH RENTAL	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED
3:30-4:00 PM				CLOSED for LEAP 2:30- 3:00PM			
4:00-5:00PM		OPEN SWIM w/ 1 lap lane 3:30-6:00 pm	OPEN SWIM w/1 3:30-4	OPEN SWIM w/ 1 lap lane 3:30-6:00 pm	OPEN SWIM w/1 3:30-4pm	OPEN SWIM w/ 1 lap lane 3:30-6:00 pm	
6:00-6:15PM	CLOSED		BREAK/SETUP 6-615P		CLOSED SWIMMING LESSONS 4:15-8:00pm		BREAK/SETUP 6-615P
6:15-7:45PM		FAMILY SWIM 6:15-7:45pm	CLOSED SWIMMING LESSONS 4:15-8:00pm	FAMILY SWIM 6:15-7:45pm	FAMILY SWIM 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	

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OCTOBER 21-28, 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							REST BREAK 9:45-10
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 – 11:20AM	OPEN SWIM w/ 1 LAPLANE 10:05 AM – 11:05AM	OPEN SWIM w/1 LAP LANE 10:40 AM – 11:45AM	CLOSED BIRTHDAY RENTAL 11:00 AM – 11:45AM 10/27/18
11:30-12:00 PM				CLOSED for ABC'S 11:30AM- 12:00PM	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
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3:30-4:00 PM		OPEN SWIM w/ 1 lap lane 3:30-6:00 pm	OPEN SWIM w/1 3:30-4	OPEN SWIM w/ 1 lap lane 3:30-6:00 pm	OPEN SWIM w/1 3:30-4pm	OPEN SWIM w/ 1 lap lane 3:30-6:00 pm	
4:00-5:00PM							
			LAST NIGHT OF CURRENT SWIMMING LESSONS !		1ST NIGHT OF NEW SESSION OF SWIMMING LESSONS		
6:00-6:15PM	CLOSED	BREAK/SETUP 6-615P		BREAK/SETUP 6-615P		BREAK/SETUP 6-615P	
6:15-7:45PM		FAMILY SWIM 6:15-7:45pm	CLOSED SWIMMING LESSONS 4:15-8:00pm	FAMILY SWIM 6:15-7:45pm	CLOSED SWIMMING LESSONS 4:15-8:00pm	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	

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