

	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		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	
9:30-10:00 AM		REST BREAK 1035-1040	REST BREAK 10A-1005	REST BREAK 1035-1040	REST BREAK 10A-1005	REST BREAK 1035-1040	FAMILY SWIM 10:00AM-11:00AM
10:00-10:30 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 11:00AM – 11:45AM
10:30-11:00 AM					CLOSED for CHILDCARE 11:15 AM – 11:45 AM		
11:00-11:30 AM		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
11:30-12:00 PM							
12:00-1:00 PM							
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	OPEN SWIM w/ 1 lap lane 3:30-6:00 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							
6:00-6:15PM	CLOSED	BREAK/SETUP 6-615P	BREAK/SETUP 6-615P	BREAK/SETUP 6-615P	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 6:15-7:45pm	OPEN SWIM w/ 1 lap lane 6:15-7:45 pm	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.