

January 6- 31<sup>st</sup> 2019

	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 – 8:55 AM</b>	ADULT LAP, AQUA JOG OR WALK <b>6:30 – 8:30 AM</b>	ADULT LAP, AQUA JOG OR WALK <b>6:30 – 8:55 AM</b>	ADULT LAP, AQUA JOG OR WALK <b>6:30 – 8:30 AM</b>	ADULT LAP, AQUA JOG OR WALK <b>7:00 – 9:45AM</b>
7:00-8:00 AM							
8:00-8:30 AM		<b>REST BREAK 830-835</b>		<b>REST BREAK 830-835</b>		<b>REST BREAK 830-835</b>	
8:30-9:00 AM		AQUA FIT AEROBICS <b>8:35-9:35 AM</b>	<b>REST BREAK 8:55-9A</b>	AQUA FIT AEROBICS <b>8:35-9:35 AM</b>	<b>REST BREAK 8:55-9A</b>	AQUA FIT AEROBICS <b>8:35-9:35 AM</b>	<b>REST BREAK 9:45-10</b>
9:00-9:30 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>	
9:30-10:00 AM		<b>REST BREAK 1035-1040</b>	<b>REST BREAK 10A-1005</b>	<b>REST BREAK 1035-1040</b>	<b>REST BREAK 10A-1005</b>	<b>REST BREAK 1035-1040</b>	<b>FAMILY SWIM</b> <b>10:00AM-11:00AM</b>
10:00-10:30 AM		OPEN SWIM w/ 1 LAP LANE <b>10:40 AM – 11:45AM</b>	OPEN SWIM w/1 LAP LANE <b>10:05 AM – 11:45AM</b>	OPEN SWIM w/1 LAP LANE <b>10:40 AM – 11:45AM</b>	OPEN SWIM w/ 1 LAPLANE <b>10:05 AM – 11:05AM</b>	OPEN SWIM w/1 LAP LANE <b>10:40 AM – 11:45AM</b>	OPEN SWIM w/1 LAP LANE <b>11:00AM – 11:45AM</b>
10:30-11:00 AM					<b>CLOSED for CHILDCARE</b> <b>11:15 AM – 11:45 AM</b>		
11:00-11:30 AM							<b>RESTBREAK 11:45-12</b>
11:30-12:00 PM		<b>PACED LAP ONLY</b> <b>12:00-1:00pm</b>	<b>PACED LAP ONLY</b> <b>12:00-1:00pm</b>	<b>PACED LAP ONLY</b> <b>12:00-1:00pm</b>	<b>PACED LAP ONLY</b> <b>12:00-1:00pm</b>	<b>PACED LAP ONLY</b> <b>12:00-1:00pm</b>	<b>ADULT LAP ONLY</b> <b>12:00-1:00pm</b>
12:00-1:00 PM							
1:00-3:00PM	<b>CLOSED</b>	<b>CLOSED</b>	<b>CLOSED</b>	<b>CLOSED</b>	<b>CLOSED</b>	<b>CLOSED</b>	<b>CLOSED</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>	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>	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							
6:00-6:15PM	<b>CLOSED</b>	<b>BREAK/SETUP 6-615P</b>	<b>BREAK/SETUP 6-615P</b>	<b>BREAK/SETUP 6-615P</b>	<b>BREAK/SETUP 6-615P</b>	<b>BREAK/SETUP 6-615P</b>	
6:15-7:45PM		<b>FAMILY SWIM</b> <b>6:15-7:45pm</b>	OPEN SWIM w/ 1 lap lane <b>6:15-7:45 pm</b>	<b>FAMILY SWIM</b> <b>6:15-7:45pm</b>	OPEN SWIM w/ 1 lap lane <b>6:15-7:45 pm</b>	<b>FAMILY SWIM</b> <b>6:15-7:45pm</b>	
8:00-8:45 PM		<b>ADULT LAP ONLY 8p</b>	<b>ADULT LAP ONLY 8p</b>	<b>ADULT LAP ONLY 8p</b>	<b>ADULT LAP ONLY 8p</b>	<b>ADULT LAP ONLY 8p</b>	

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.