

March 1- 20, 2019

	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 – 8:40 AM	ADULT LAP, AQUA JOG OR WALK 6:30 – 8:40 AM	ADULT LAP, AQUA JOG OR WALK 6:30 – 8:40 AM	ADULT LAP, AQUA JOG OR WALK 6:30 – 8:40 AM	ADULT LAP, AQUA JOG OR WALK 6:30 – 8:40 AM	ADULT LAP, AQUA JOG WALK 7:00 – 9:45AM
7:00-8:40AM		REST BREAK 840a-855	REST BREAK 840a-855	REST BREAK 840a-855	REST BREAK 840a-855	REST BREAK 840a-855	
9:00AM-11:45AM		HIGH IMPACT H2O AEROBICS 9:00-9:40 AM	FLUID STRENGTH 9:00AM – 10:00 AM	HIGH IMPACT H2O AEROBICS 9:00-9:40 AM	FLUID STRENGTH 9:00AM-10:00 AM	HIGH IMPACT H2O AEROBICS 9:00-9:40 AM	REST BREAK 9:45-10
		SPLASH AEROBICS 9:40-10:35 AM		SPLASH AEROBICS 9:40-10:35 AM		SPLASH AEROBICS 9:40-10:35 AM	FAMILY SWIM 10:00AM-11:00AM
		REST BREAK 1035-1040	REST BREAK 10A-1005	REST BREAK 1035-1040	REST BREAK 10A-1005	REST BREAK 1035-1040	
		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
				CLOSED for ABC'S 11:30AM- 12:00PM	CLOSED for CHILDCARE 11:15 AM – 11:45 AM		REST BREAK 11:45
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 3:30-4	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 lap lane 3:30-6:00 pm	
4:00-5:00PM							
6:00-6:15PM	CLOSED	CLOSED SWIMMING LESSONS 4:15-8:00pm	REST BREAK 6-615P	CLOSED SWIMMING LESSONS 4:15-8:00pm	REST BREAK 6-615P	REST BREAK 6-615P	
6:15-7:45PM			OPEN SWIM w/ 1 lap lane 6:15-7:45 pm		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	

- o **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.
 - o **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.
 - o **OPEN SWIM w/ 1 Lap Lane** = Open Swim in 4ft+9ft w 1 lap lane available for swimmers 14 years or older to swim continuous back & forth lap swimming during OPEN SWIM slot.
 - o **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.**
- Anyone 14 or under 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.