

September 3- 22, 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 – 11:45AM	OPEN SWIM w/ 1 LAPLANE 10:05 AM – 11:05AM CLOSED for CHILDCARE 11:15 AM – 11:45 AM	OPEN SWIM w/1 LAP LANE 10:40 AM – 11:45AM	OPEN SWIM w/1 LAP LANE 11:00 AM – 11:45AM	
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	REST BREAK 11:45 ADULT LAP ONLY 12:00-12:45pm	
1:00-3:00PM	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	
3:30-4:00 PM	CLOSED	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 pm	OPEN SWIM w/ 1 lap lane 3:30-6:00 pm		
4:00-5:00PM				OPEN SWIM w/1lane 5:30-6p				
6:00-6:15PM		REST BREAK 6-615P	REST BREAK 6-615P	REST BREAK 6-615P	REST BREAK 6-615P	REST BREAK 6-615P		REST BREAK 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		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** = Open Swim with 1 lap lane available for swimmers 14 years or older to swim continuous back & 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 Mt.V YMCA swim test. The lifeguard on duty has the last word on admittance to the deep end of the pool.