

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	
		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	REST BREAK 10A-1005	SPLASH AEROBICS 9:40-10:35 AM	REST BREAK 10A-1005	SPLASH AEROBICS 9:40-10:35 AM	FAMILY SWIM 10:00AM-11:00AM
9:00AM-11:45AM		REST BREAK 1035-1040	REST BREAK 1035-1040	REST BREAK 1035-1040	REST BREAK 1035-1040	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 LAP LANE 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
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	Mount Vernon High School X-Country 3:30-5:30 PM OPEN SWIM w/ 1 lane 5:30-6p	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		REST BREAK 6-615P	REST BREAK 6-615P	REST BREAK 6-615P	REST BREAK 6-615P	REST BREAK 6-615P	
6:00-6:15PM		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	
6:15-7:45PM		ADULT LAP ONLY 8p	ADULT LAP ONLY 8p	ADULT LAP ONLY 8p	ADULT LAP ONLY 8p	ADULT LAP ONLY 8p	
8:00-8:45 PM							

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 with 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.
- 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.