

March 13-31, COVID19	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		ADULT LAP, AQUA JOG OR WALK 9 AM – 10:35AM	ADULT LAP, AQUA JOG OR WALK 9 AM – 10:00AM	ADULT LAP, AQUA JOG OR WALK 9 AM – 10:35AM	ADULT LAP, AQUA JOG OR WALK 9 AM – 10:00AM	ADULT LAP, AQUA JOG OR WALK 9 AM – 10:35AM	REST BREAK 9:45-10
		REST BREAK 1035-1040	REST BREAK 10A-1005	REST BREAK 1035-1040	REST BREAK 10A-1005	REST BREAK 1035-1040	FAMILY SWIM 10:00AM-10:50AM
		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	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 pm	OPEN SWIM w/ 1 lap lane 3:30-6:00 pm	OPEN SWIM w/ 1 lap lane 3:30-6 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		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							

- AM 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 /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 =Whole pool is Open Swim except 1 lap lane avail to lap circle swim style (for swimmers 14 yrs or older to swim continuous back/forth lap swimming.)
- 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.