



YMCA OF MOUNT VERNON POOL SCHEDULE

September 2020

Monday	Tuesday	Wednesday	Thursday	Friday
6am- 8:45am Lap Swim	6am- 8:45am Lap Swim	6am- 8:45am Lap Swim	6am- 8:45am Lap Swim	6am- 8:45am Lap Swim
8:45am-9am Rest Break	8:45am-9am Rest Break	8:45am-9am Rest Break	8:45am-9am Rest Break	8:45am-9am Rest Break
9am-9:45am Aqua Aerobics Diana	9am-9:45am Aqua Aerobics Theresa	9am-9:45am Aqua Aerobics Diana	9am-9:45am Aqua Aerobics Theresa	9am-9:45am Aqua Aerobics Carol
9:50am- 11:45am Open Swim w/ One Lap Lane	9:50am- 11:45am Open Swim w/ One Lap Lane	9:50am- 11:45am Open Swim w/ One Lap Lane	9:50am- 11:45am Open Swim w/ One Lap Lane	9:50am- 11:45am Open Swim w/ One Lap Lane
11:45am-12pm Rest Break	11:45am-12pm Rest Break	11:45am-12pm Rest Break	11:45am-12pm Rest Break	11:45am-12pm Rest Break
12pm- 1pm Adult Lap Swim	12pm- 1pm Adult Lap Swim	12pm- 1pm Adult Lap Swim	12pm- 1pm Adult Lap Swim	12pm- 1pm Adult Lap Swim
POOL CLOSED 1pm- 4pm	POOL CLOSED 1pm- 4pm	POOL CLOSED 1pm- 4pm	POOL CLOSED 1pm- 4pm	POOL CLOSED 1pm- 4pm
4pm- 6:45pm Open Swim w/ One Lap Lane		4pm- 6:45pm Open Swim w/ One Lap Lane		

Lap Swim: Walk, Jog or Swim laps.

Adult Lap Swim: Walk, Jog or Swim laps. (must be 18 or older)

Aqua Aerobics: A moderate to high cardio workout which will increase your heart rate and strengthen your heart and muscles utilizing the water as a resister to improve physical endurance with low impact on your joints. All water aerobics classes will be held in the shallow end. Each instructor will teach their own unique style while giving an effective pool workout.

Swim Lessons: At the YMCA we offer progressive swim lessons for ages 6 months and up. Please refer to www.mtvymca.org for specific details. (Must register for lessons)

Open Swim w/ 1 Lap Lane: Pool is open with one lane available to lap circle swim style.

- Children ages 8 and under must have an adult (someone 18+) arms reach in the water with them.
- Children 9-13 must have an adult (someone 18+) 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 YMCA swim test. Lifeguard on duty will make final decision on admittance to the deep end of the pool.