



# YMCA OF MOUNT VERNON POOL SCHEDULE

March 1st - March 27th

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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	7:30am- 9am 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-9:10am Rest Break
9am-9:45am Aqua Aerobics w/one lap lane Diana	9am-9:45am Aqua Aerobics w/one lap lane Theresa	9am-9:45am Aqua Aerobics w/one lap lane Diana	9am-9:45am Aqua Aerobics w/one lap lane Theresa	9am-9:45am Aqua Aerobics w/one lap lane Carol	9:10am- 10:50am 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- 10:50am Open Swim w/ One Lap Lane  11am- 11:30am Preschool	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	11:30am-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	
3:45pm - 4:35pm Open Swim w/ One Lap Lane	3:45pm - 4:50pm Open Swim w/ One Lap Lane	3:45pm - 4:35pm Open Swim w/ One Lap Lane	3:45pm - 4:50pm Open Swim w/ One Lap Lane		
4:45pm- 6:45pm Swim Club	5pm- 6:50pm Swim Lessons	4:45pm- 6:45pm Swim Club	5pm- 6:50pm Swim Lessons		

**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](http://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.

**Rest Break:** The pool is closed for lifeguard to take a break.

- 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.



# YMCA OF MOUNT VERNON POOL SCHEDULE

March 29th- April 3rd

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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	7:30am- 9am 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-9:10am Rest Break
9am-9:45am Aqua Aerobics w/one lap lane Diana	9am-9:45am Aqua Aerobics w/one lap lane Theresa	9am-9:45am Aqua Aerobics w/one lap lane Diana	9am-9:45am Aqua Aerobics w/one lap lane Theresa	9am-9:45am Aqua Aerobics w/one lap lane Carol	9:10am- 11:25am 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	9:50am- 11:45am Open Swim w/ One Lap Lane	
11:45am-12pm Rest Break	11:45am-12pm Rest Break	11:30am-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	
3:45pm - 6:45pm Open Swim w/ One Lap Lane	3:45pm - 6:45pm Open Swim w/ One Lap Lane	3:45pm - 6:45pm Open Swim w/ One Lap Lane	3:45pm - 6:45pm Open Swim w/ One Lap Lane	<b>POOL PARTY EASTER EGG HUNT MUST SIGN UP!</b>	

**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](http://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.

**Rest Break:** The pool is closed for lifeguard to take a break.

- 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.