



YMCA OF MOUNT VERNON POOL SCHEDULE

May 2021

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 Carol	9am-9:45am Aqua Aerobics Theresa	9am-9:45am Aqua Aerobics Savannah	9am-9:45am Aqua Aerobics Theresa	9am-9:45am Aqua Aerobics 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- 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	11am- 12pm Swim Lessons
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	
3:45pm - 4:50pm Lap Swim	3:45pm - 4:50pm Open Swim w/ One Lap Lane	3:45pm - 4:30pm Open Swim w/ One Lap Lane	3:45pm - 4:50pm Open Swim w/ One Lap Lane		
5pm - 6:50pm Open Swim w/ One Lap Lane	5pm- 6:50pm Swim Lessons	4:45pm- 6:50pm 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 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.

- Ages 6 and under must have a parent in the water with them at all times.
- Ages 7-8 must pass a swim test to be in the water without a parent but the parent must remain on deck.
- Ages 9 must pass a swim test to be in the water without a parent but the parent must remain in the building.
- Ages 13 and under must pass a swim test to be in the deep end.