# YMCA OF MOUNT VERNON POOL SCHEDULE
## March 2nd – March 28th 2026

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|---|---|---|
| 6am- 8:45am<br>Lap Swim | 6am- 8:45am<br>Lap Swim | 6am- 8:45am<br>Lap Swim | 6am- 8:45am<br>Lap Swim | 6am- 8:45am<br>Lap Swim | 7:30am- 9am<br>Lap Swim |
| 8:45am-9am<br>Rest Break | 8:45am-9am<br>Rest Break | 8:45am-9am<br>Rest Break | 8:45am-9am<br>Rest Break | 8:45am-9am<br>Rest Break | 9am-9:15am<br>Rest Break |
| 9am-9:45am<br>Aqua Aerobics<br>Vicky | 9am-9:45am<br>Aqua Aerobics<br>Erin | 9am-9:45am<br>Aqua Aerobics<br>Vicky | 9am-9:45am<br>Aqua Aerobics<br>Carol | 9am-9:45am<br>Aqua Aerobics<br>Erin | 9:15am - 10:45am<br>Open Swim<br>w/ One Lap Lane |
| 9:50am -11:30am<br>Open Swim<br>w/ Two Lap Lane | **Shared Pool Time**<br>Open Swim (Deep End)<br>w/ Two Lap Lanes<br>9:50–11:30 AM<br>———————<br>Swim Lessons<br>(Shallow End)<br>10:00–11:05 AM | 9:50am -11:30am<br>Open Swim<br>w/ Two Lap Lane | **Shared Pool Time**<br>Open Swim (Deep End)<br>w/ Two Lap Lanes<br>9:50–11:30 AM<br>———————<br>Swim Lessons<br>(Shallow End)<br>10:00–11:05 AM | 9:50am - 11:30am<br>Open Swim<br>w/ Two Lap Lane | 10:45am-11am<br>Rest Break |
| 11:30am-11:45am<br>Rest Break | 11:30am-11:45am<br>Rest Break | 11:30am-11:45am<br>Rest Break | 11:30am-11:45am<br>Rest Break | 11:30am-11:45am<br>Rest Break | 11am - 12pm<br>Open Swim<br>w/ One Lap Lane |
| 11:45am- 1pm<br>Adult Lap Swim | 11:45am- 1pm<br>Adult Lap Swim | 11:45am- 1pm<br>Adult Lap Swim | 11:45am- 1pm<br>Adult Lap Swim | 11:45am- 1pm<br>Adult Lap Swim | |
| | | | | | |
| Swim Lessons<br>4:00pm-6:20pm | 3:45pm-5pm<br>Open Swim<br>w/ Two Lap Lane<br>5:00pm-5:15pm<br>Rest Break<br>5:15pm-6pm<br>Aqua Aerobics<br>Monique | Swim Lessons<br>4:00pm-6:20pm | 3:45pm-5pm<br>Open Swim<br>w/ Two Lap Lane<br>5:00pm-5:15pm<br>Rest Break<br>5:15pm-6pm<br>Aqua Aerobics<br>Monique | 4:30pm-6:00pm<br>Open Swim W/Two<br>Lap Lane | |
| 6:20pm-6:35pm<br>Rest Break | 6pm-7pm<br>Swim Club | 6:20pm-6:35pm<br>Rest Break | 6pm-7pm<br>Swim Club | 6:00pm-6:15pm<br>Rest Break | |
| 6:35 pm- 7:45pm<br>Open Swim<br>W/Two Lap Lane | 7:10pm- 7:45pm<br>Open Swim<br>W/Two Lap Lane | 6:35pm- 7:45pm<br>Open Swim<br>W/Two Lap Lane | 7:10pm- 7:45pm<br>Open Swim<br>W/Two Lap Lane | 6:15pm-7:30pm<br>Open Swim W/Two<br>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 I n 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. (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.

- A mobile lift is available by appointment only. Email missi@mtvymca.org in advance to schedule. Members must bring their own helper for transfers. Staff cannot assist physically.
- Children who would like to swim in the deep end MUST pass a YMCA swim test. The lifeguard on duty will make the final decision on admittance to the deep end of the pool.
- Children ages 8 and under must have an adult within arms reach in the water with them at all times or children ages 7-8 can have an adult on the pool deck with them if they pass a swim test. Children ages 9-13 must have an adult in the building at all times.

# YMCA OF MOUNT VERNON POOL SCHEDULE
## March 30th – April 4th 2026
***YMCA IS CLOSED GOOD FRIDAY APRIL 3RD***

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|---|---|---|
| 6am- 8:45am<br>Lap Swim | 6am- 8:45am<br>Lap Swim | 6am- 8:45am<br>Lap Swim | 6am- 8:45am<br>Lap Swim | CLOSED FOR GOOD FRIDAY | 7:30am- 9am<br>Lap Swim |
| 8:45am-9am<br>Rest Break | 8:45am-9am<br>Rest Break | 8:45am-9am<br>Rest Break | 8:45am-9am<br>Rest Break | | 9am-9:15am<br>Rest Break |
| 9am-9:45am<br>Aqua Aerobics<br>Vicky | 9am-9:45am<br>Aqua Aerobics<br>Erin | 9am-9:45am<br>Aqua Aerobics<br>Vicky | 9am-9:45am<br>Aqua Aerobics<br>Carol | | 9:15am - 10:45am<br>Open Swim<br>w/ One Lap Lane |
| 9:50am -11:30am<br>Open Swim<br>w/ Two Lap Lane | 9:50am -11:30am<br>Open Swim<br>w/ Two Lap Lane | 9:50am -11:30am<br>Open Swim<br>w/ Two Lap Lane | 9:50am -11:30am<br>Open Swim<br>w/ Two Lap Lane | | 10:45am-11am<br>Rest Break |
| 11:30am-11:45am<br>Rest Break | 11:30am-11:45am<br>Rest Break | 11:30am-11:45am<br>Rest Break | 11:30am-11:45am<br>Rest Break | | 11am - 12pm<br>Open Swim<br>w/ One Lap Lane |
| 11:45am- 1pm<br>Adult Lap Swim | 11:45am- 1pm<br>Adult Lap Swim | 11:45am- 1pm<br>Adult Lap Swim | 11:45am- 1pm<br>Adult Lap Swim | | |
| | | | | | |
| 3:45pm-6pm<br>Open Swim<br>w/ Two Lap Lane | 3:45pm-5pm<br>Open Swim<br>w/ Two Lap Lane<br>5:15pm-6pm<br>Aqua Aerobics | 3:45pm-6pm<br>Open Swim<br>w/ Two Lap Lane | 3:45pm-5pm<br>Open Swim<br>w/ Two Lap Lane<br>5:15pm-6pm<br>Aqua Aerobics | | |
| 6:00pm-6:15pm<br>Rest Break | 6:00pm-6:15pm<br>Rest Break | 6:00pm-6:15pm<br>Rest Break | 6:00pm-6:15pm<br>Rest Break | | |
| 6:15 pm- 7:45pm<br>Open Swim<br>W/Two Lap Lane | 6:15 pm- 7:45pm<br>Open Swim<br>W/Two Lap Lane | 6:15 pm- 7:45pm<br>Open Swim<br>W/Two Lap Lane | 6:15 pm- 7:45pm<br>Open Swim<br>W/Two Lap Lane | | |

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