

# YMCA OF MOUNT VERNON POOL SCHEDULE

## AUGUST 25TH – OCTOBER 18TH 2025

**CLOSED FOR LABOR DAY MONDAY SEPTEMBER 1ST**

**NO SWIM LESSONS ON WEDNESDAY SEPTEMBER 3RD – OPEN SWIM WILL BE HELD INSTEAD**

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-9:15am Rest Break
9am-9:45am Aqua Aerobics Vicky	9am-9:45am Aqua Aerobics Ann	9am-9:45am Aqua Aerobics Vicky	9am-9:45am Aqua Aerobics Carol	9am-9:45am Aqua Aerobics Ann	9:15am-10:45am Open Swim w/One Lap Lane
9:50am - 11:30am Open Swim w/Two Lap Lanes	9:50am - 11:30am Open Swim w/Two Lap Lanes	9:50am - 11:30am Open Swim w/Two Lap Lanes	9:50am - 11:30am Open Swim w/Two Lap Lanes	9:50am - 11:30am Open Swim w/Two Lap Lanes	10:45am-11am Rest Break
11:30am-11:45am Rest Break	11:30am-11:45am Rest Break	11:30am-11:45am Rest Break	11:30am-11:45am Rest Break	11:30am-11:45am Rest Break	11am-12pm Open Swim w/One Lap Lane
11:45am-1pm Adult Lap Swim	11:45am-1pm Adult Lap Swim	11:45am-1pm Adult Lap Swim	11:45am-1pm Adult Lap Swim	11:45am-1pm Adult Lap Swim	
3:45pm-4:30pm Open Swim w/ Two Lap lanes	3:45pm-5pm Open Swim w/ Two Lap lanes	3:45pm-4:30pm Open Swim w/ Two Lap lanes	3:45pm-5pm Open Swim w/ Two Lap lanes		
4:35pm-6:50pm Swim Lessons	5pm-5:15pm Rest Break	4:35pm-6:50pm Swim Lessons  <b>September 3rd: No Swim Lessons Open Swim will be held instead</b>	5pm-5:15pm Rest Break	4:30pm-6pm Open Swim W/ Two Lap lanes	
	5:15pm-6pm Aqua Aerobics Monique		5:15pm-6pm Aqua Aerobics Monique	6pm-6:15pm Rest Break	
	6pm-7pm Swim Club		6pm-6:50pm Open Swim W/ Two Lap Lanes		
6:50pm-7pm Rest Break		6:50pm-7pm Rest Break	6:50pm-7pm Rest Break	6:15pm- 7:30pm Open Swim W/Two Lap Lanes	
7pm- 7:45pm Open Swim W/Two Lap Lanes	7pm- 7:45pm Open Swim W/Two Lap Lanes	7pm- 7:45pm Open Swim W/Two Lap Lanes	7pm- 7:45pm Open Swim W/Two Lap Lanes		

### Pool Activities

- Lap Swim – Walk, jog, or swim laps.
- Adult Lap Swim – Walk, jog, or swim laps (ages 18+).
- Aqua Aerobics – Cardio and strength workout in the shallow end, low-impact on joints.
- Swim Lessons – Progressive lessons for ages 6 months+. (Registration required.)
- Open Swim (with 1 Lap Lane) – General swim with one lap lane available for circle swimming.
- Rest Break – Pool closed briefly for lifeguard break.

### Pool Guidelines

- Mobile Lift – Available by appointment. Email [missi@mtvymca.org](mailto:missi@mtvymca.org). Members must bring a helper for transfers; staff cannot assist physically.
- Deep End Use – Children must pass a YMCA swim test. Lifeguard has final say.
- Supervision –
  - Ages 8 & under: Adult in water, within arm's reach.
  - Ages 7-8 (with swim test): Adult may remain on pool deck.
  - Ages 9-13: Adult must stay in the building.