

YMCA OF MOUNT VERNON POOL SCHEDULE

June 29th – July 4th 2026

Monday June 29th	Tuesday June 30th	Wednesday July 1st	Thursday July 2nd	Friday July 3rd	Saturday July 4th
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	CLOSED FOR 4TH OF JULY!
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 Carol	9am-9:45am Aqua Aerobics Ann	9am-9:45am Aqua Aerobics Ann	9am-9:45am Aqua Aerobics Carol	9am-9:45am Aqua Aerobics Ann	
9:50am -11:30am Open Swim w/ Two Lap Lane	9:50am -11:30am Open Swim w/ Two Lap Lane	9:50am -11:30am Open Swim w/ Two Lap Lane	9:50am -11:30am Open Swim w/ Two Lap Lane	9:50am - 11:30am Open Swim w/ Two Lap Lane	
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	
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	
4:00pm-6:20pm Swim Lessons	3:45pm-5:15pm Open Swim w/ Two Lap Lane	4:00pm-6:20pm Swim Lessons	3:45pm-5pm Open Swim w/ Two Lap Lane	* Closing Early for 4th of July *	
	5:15-5:30pm Rest Break		5:00pm-5:15pm Rest Break		
			5:15pm-6pm Aqua Aerobics Monique		
6:20pm-6:35pm Rest Break		6:20pm-6:35pm Rest Break			
6:35pm- 7:45pm Open Swim W/Two Lap Lane	5:45pm-7:45pm Swim Club Mock Meet	6:35pm- 7:45pm Open Swim W/Two Lap Lane	6pm- 7:45pm Open Swim W/Two 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.

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

July 6th – Aug 1st 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6am– 8:40am Lap Swim	6am– 8:40am Lap Swim	6am– 8:40am Lap Swim	6am– 8:40am Lap Swim	6am– 8:40am Lap Swim	7:30am– 9am Lap Swim
8:40am–8:50am Rest Break	8:40am–8:50am Rest Break	8:40am–8:50am Rest Break	8:40am–8:50am Rest Break	8:40am–8:50am Rest Break	9am–9:15am Rest Break
9am–9:45am Aqua Aerobics Vicki	9am–9:45am Aqua Aerobics Ann	9am–9:45am Aqua Aerobics Vicki	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 Lane	9:50am –11:40am Open Swim w/ Two Lap Lane Swim Lessons (Shallow End) 10:00am–11:40am	9:50am –11:30am Open Swim w/ Two Lap Lane	9:50am –11:40am Open Swim w/ Two Lap Lane Swim Lessons (Shallow End) 10:00am–11:40am	9:50am – 11:30am Open Swim w/ Two Lap Lane	
11:30am–11:45am Rest Break	11:40am–11:55am Rest Break	11:30am–11:45am Rest Break	11:40am–11:45am Rest Break	11:30am–11:45am Rest Break	10:45am–11am Rest Break
11:45am– 1:00pm Adult Lap Swim	11:55am– 1:00pm Adult Lap Swim	11:45am– 1:00pm Adult Lap Swim	11:55am– 1:00pm Adult Lap Swim	11:45am– 1:00pm Adult Lap Swim	11am – 12pm Open Swim
4:00pm–6:20pm Swim Lessons	3:45pm–5pm Open Swim w/ Two Lap Lane	4:00pm–6:20pm Swim Lessons	3:45pm–5pm Open Swim w/ Two Lap Lane	4:30pm–6:00pm Open Swim w/ Two Lap Lane	
	5:00pm–5:15pm Rest Break		5:00pm–5:15pm Rest Break		
	5:15pm–6pm Aqua Aerobics Monique		5:15pm–6pm Aqua Aerobics Monique		
6:20pm–6:35pm Rest Break	6:15pm– 7:15pm Swim Club	6:20pm–6:35pm Rest Break	6pm– 7:45pm Open Swim W/Two Lap Lane	6:00pm–6:15pm Rest Break	
6:35pm– 7:45pm Open Swim W/Two Lap Lane	7:15pm– 7:45pm Open Swim W/Two Lap Lane	6:35pm– 7:45pm Open Swim W/Two Lap Lane		6:15pm–7:30pm Open Swim w/ Two Lap Lane	

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- A mobile lift is available by appointment only. Email anne@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.