YMCA OF MOUNT VERNON POOL SCHEDULE
November 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	9am-9:45am Aqua Aerobics	9am-9:45am Aqua Aerobics	9am-9:45am Aqua Aerobics	9am-9:45am Aqua Aerobics	9:15am - 10:45am Open Swim w/ One Lap Lane
9:50am -11:30am Open Swim w/ Two Lap Lanes	9:50am -11:30am Preschool Safety Around Water	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- 1:00pm Adult Lap Swim	11:45am- 1:00pm Adult Lap Swim	11:45am- 1:00pm Adult Lap Swim	11:45am- 1:00pm Adult Lap Swim	11:45am- 1:00pm Adult Lap Swim	
4:00pm-6:20pm Swim Lessons	3:45pm-5pm Open Swim w/ Two Lap Lanes 5:15pm-6pm Aqua Aerobics	4:00pm-6:20pm Swim Lessons	3:45pm-5pm Open Swim w/ Two Lap Lanes 5:15pm-6pm Aqua Aerobics	4:30pm-6:00pm Open Swim w/ Two Lap Lanes	No PM Aqua Aerobics 11/19/26 due to an event in the pool.
6:20pm-6:35pm Rest Break	6:15pm- 7:15pm Swim Club	6:20pm-6:35pm Rest Break	6:15pm- 7:15pm Swim Club	6:00pm-6:15pm Rest Break	
6:35pm- 7:45pm Open Swim W/Two Lap Lanes	7:15pm- 7:45pm Open Swim W/Two Lap Lanes	6:35pm- 7:45pm Open Swim W/Two Lap Lanes	7:15pm- 7:45pm Open Swim W/Two Lap Lanes	6:15pm-7:45pm Open Swim w/ Two Lap Lanes	

Lap Lane: 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/ 2 Lap Lanes: Pool is open with two lanes 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 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.**
- **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.**