

YMCA OF MOUNT VERNON POOL SCHEDULE

Sept 11th – Nov 4th 2023

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- 12pm Open Swim w/one lap lane	
9:50am-11:30am Open Swim w/ One Lap Lane	9:50am- 11:30am Open Swim w/ One Lap Lane	9:50am- 11:30am Open Swim w/ One Lap Lane	9:50am- 11:30am Open Swim w/ One Lap Lane	9:50am- 11:30am Open Swim w/ One 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		
4pm - 7:50pm Swim Lessons	3:45pm - 4:45pm Open Swim w/One Lap Lane	4pm - 6:50pm Swim Lessons	3:45pm - 4:45pm Open Swim w/One Lap Lane			
	4:45pm- 5pm Rest Break		4:45pm- 5pm Rest Break			
	5:15pm-6pm Aqua Aerobics Vicky		5:15pm-6pm Aqua Aerobics Kate			
	6pm - 7pm Swim Club		6pm-6:50pm Open Swim w/One Lap Lane			
	7pm-7:45pm Open Swim w/One Lap Lane		6:50pm-7pm Rest Break	6:50pm-7pm Rest Break		
			7pm- 7:45pm Open Swim W/One Lap Lane	7pm- 7:45pm Open Swim W/One 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. 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.

- An ADA accessible pool lift is available for use Monday-Thursday 9am-12pm and 3pm-6pm, Friday 9am-12pm.
- 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.