



YMCA OF MOUNT VERNON POOL

January

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 Carol	9am-9:45am Aqua Aerobics Ann	9am-9:45am Aqua Aerobics Carol	9am-9:45am Aqua Aerobics Ann	9am-9:45am Aqua Aerobics Savannah	9:15am- 10:45am Open Swim w/one lap lane
9:50am- 11:45am Open Swim w/ One Lap Lane	9:50am- 11:45am Open Swim w/ One Lap Lane	9:50am- 11:am Open Swim w/ One Lap Lane 11:10am- 11:45am Preschool	9:50am- 11:45am Open Swim w/ One Lap Lane	9:50am- 11:45am Open Swim w/ One Lap Lane	
11:45am-12pm Rest Break	11:45am-12pm Rest Break	11:45am-12pm Rest Break	11:45am-12pm Rest Break	11:45am-12pm Rest Break	10:45am-11am Rest Break
12pm- 1pm Adult Lap Swim	12pm- 1pm Adult Lap Swim	12pm- 1pm Adult Lap Swim	12pm- 1pm Adult Lap Swim	12pm- 1pm Adult Lap Swim	11am- 11:50am Swim Lessons
3:45pm - 5:15pm Open Swim w/One Lap Lane	3:45pm - 4:45pm Open Swim w/ One Lap Lane	3:45pm - 4:45pm Open Swim w/One Lap Lane	3:45pm - 4:45pm Open Swim w/ One Lap Lane		
5:15pm-6pm Aqua Aerobics Nicole	4:45pm-5pm Rest Break	4:45pm-5pm Rest Break	4:45pm-5pm Rest Break		
6:15pm-6:30pm Rest Break		5pm-5:45pm Water Aerboics Nicole			
6:30pm- 7:45pm Open Swim W/One Lap Lane	5pm- 7:35pm Swim Lessons	5:45pm- 6:45pm Swim Club 6:45pm- 7:45pm Open Swim W/One Lap Lane	5pm- 7:35pm Swim Lessons		

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.

- Children ages 8 and under must have an adult (someone 18+) arms reach in the water with them.
- Children 9-13 must have an adult (someone 18+) in the YMCA of Mount Vernon building at all times and have passed the swim test.
- Children who would like to swim in the deep end MUST pass YMCA swim test. Lifeguard on duty will make final decision on admittance to the deep end of the pool.