



YMCA OF MOUNT VERNON POOL

June 6th – July 30th

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	9am-9:45am Aqua Aerobics	9am-9:45am Aqua Aerobics	9am-9:45am Aqua Aerobics	9am-9:45am Aqua Aerobics	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	
1145am- 1pm Adult Lap Swim	1145am- 1pm Adult Lap Swim	1145am- 1pm Adult Lap Swim	1145am- 12:45pm Adult Lap Swim	1145am- 1pm Adult Lap Swim	
1:00pm-3:45pm POOL CLOSED	1:00pm-4:00pm POOL CLOSED	1:00pm-3:45pm POOL CLOSED	1pm - 5:30pm Swim Lessons		
3:45pm - 5:15pm Open Swim w/One Lap Lane	4pm - 6:25pm Swim Lessons	3:45pm - 4:50pm Open Swim w/One Lap Lane			
5:15pm-6pm Aqua Aerobics Nicole		4:45pm-5pm Rest Break			
6:15pm-6:30pm Rest Break		5pm-5:45pm Aqua Aerobics Nicole			
6:30pm- 7:45pm Open Swim W/One Lap Lane	6:30pm-6:45pm Rest Break	5:45pm-6:45pm Swim Club	5:30pm-5:45pm Rest Break		
	6:45pm- 7:45pm Open Swim W/One Lap Lane	6:45pm- 7:45pm Open Swim W/One Lap Lane	5:45pm- 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 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.