



# YMCA OF MOUNT VERNON POOL SCHEDULE

## January 2nd- February 25th

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 *SIGN UPS REQUIRED	9am-9:45am Aqua Aerobics *SIGN UPS REQUIRED	9am-9:45am Aqua Aerobics *SIGN UPS REQUIRED	9am-9:45am Aqua Aerobics *SIGN UPS REQUIRED	9am-9:45am Aqua Aerobics *SIGN UPS REQUIRED	9:15am- 11am 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	10am- 11:30am Preschool Swim	9:50am- 11:30am Open Swim w/ One Lap Lane	11am - 12pm Swim Lessons 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	
3:45pm - 5pm Open Swim w/One Lap Lane	3:45pm - 4:45pm Open Swim w/One Lap Lane	3:45pm - 5pm Open Swim w/One Lap Lane	4:00pm - 6:50pm Swim Lessons W/ One Lap Lane		
	4:45pm- 5pm Rest Break	4:45pm- 5pm Rest Break			
5pm-5:45pm Aqua Aerobics	5pm - 7:50pm Swim Lessons w/ One Lap Lane	5pm-5:45pm Aqua Aerobics			
6pm- 6:15pm Rest Break		6pm - 7pm Swim Club			
6:15pm- 7:45pm Open Swim W/One Lap Lane		7pm- 7:45pm Open Swim W/One Lap Lane	6:50pm-7pm Rest Break	7pm- 7:45pm Open Swim W/One Lap Lane	

**\*Monthly sign ups are required for the 9am aqua aerobics class to limit class size. Stop by the front desk or call to register!\***

**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](http://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.