

# YMCA OF MOUNT VERNON POOL SCHEDULE

March 20th – April 29th

**POOL CLOSURE:** The pool will be closed in May through August. We encourage you to utilize other areas of the facility for your exercise needs. If you feel that you will not utilize the facility please stop by the front desk to put your membership on hold. Thank you for your patience and support during the closeup as we work toward improving the aquatics space!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6am- 8:25am Lap Swim	6am- 8:45am Lap Swim	6am- 8:25am Lap Swim	6am- 8:45am Lap Swim	6am- 8:25am Lap Swim	7:30am- 9am Lap Swim
8:30am-9:15am Aqua Aerobics *SIGN UPS REQUIRED	8:45am-9am Rest Break	8:30am-9:15am Aqua Aerobics *SIGN UPS REQUIRED	8:45am-9am Rest Break	8:30am-9:15am Aqua Aerobics *SIGN UPS REQUIRED	9am-9:15am Rest Break
9:15am-9:30am Rest Break	9am-9:45am Aqua Aerobics *SIGN UPS REQUIRED	9:15am-9:30am Rest Break	9am-9:45am Aqua Aerobics *SIGN UPS REQUIRED	9:15am-9:30am Rest Break	
9:30am-10:15am Aqua Aerobics *SIGN UPS REQUIRED		9:30am-10:15am Aqua Aerobics *SIGN UPS REQUIRED		9:30am-10:15am Aqua Aerobics *SIGN UPS REQUIRED	9:15am- 11am Open Swim w/one lap lane
10:15am- 11:30am Open Swim w/ One Lap Lane	9:50am- 11:30am Open Swim w/ One Lap Lane	10:15am-11:30am Open Swim w/ One Lap Lane	9:50am- 11:30am Open Swim w/ One Lap Lane	10:15am-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-5:45pm Aqua Aerobics			
6pm- 6:15pm Rest Break	5pm - 7:50pm Swim Lessons w/ One Lap Lane	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 8:30am and 9:30 am 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 resistor 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](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.