



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Pool Schedule

February 25 - April 15, 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00-6:30 AM 6 Lap	5:00-6:30 AM 6 Lap	5:00-6:30 AM 6 Lap	5:00-6:30 AM 6 Lap	5:00-6:30 AM 6 Lap	7:00-9:00 AM 4 Lap; 2 Rec
6:30-7:00 AM 5 Lap; 1 Aqua Jog	6:30-7:00 AM 5 Lap; 1 Aqua Jog	6:30-7:00 AM 5 Lap; 1 Aqua Jog	6:30-7:00 AM 5 Lap; 1 Aqua Jog	6:30-7:00 AM 5 Lap; 1 Aqua Jog	9:00-9:30 AM 2 Lap; 4 Lesson
7:00-8:00 AM 4 Lap; 2 Rec	7:00-8:45 AM 4 Lap; 2 Rec	7:00-8:00 AM 4 Lap; 2 Rec	7:00-8:45 AM 4 Lap; 2 Rec	7:00-8:00 AM 4 Lap; 2 Rec	9:30-10:30 AM 6 Lesson
8:00-8:45 AM 3 Lap; 3 Aqua Jog	8:45-9:45 AM 3 Lap; 3 Aquacise	8:00-8:45 AM 3 Lap; 3 Aquacise	8:45-9:45 AM 3 Lap; 3 Aquacise	8:00-8:45 AM 3 Lap; 3 Aquacise	10:30-11:15 AM 2 Lap; 4 Lesson
8:45-9:30 AM 3 Lap; 3 Aqua Barre	9:45-10:00 AM 4 Lap; 2 Rec	8:45-9:30 AM 3 Lap; 3 Aquacise	9:45-10:45 AM: 3 Lap; 2 Lesson; 1 Aqua Jog	8:45-9:30 AM 3 Lap; 3 Aquacise	11:15 AM-12:30 PM 4 Lap; 2 Family Swim
9:30 AM-12:00 AM 4 Lap; 2 Rec	10:00-11:00 AM; 3 Lap; 1 Aqua Jog; 2 Lesson	9:30 AM-10:30 AM 3 Lap; 2 Rec; 1 Lesson	10:45-11:00 AM 4 Lap; 2 Rec	9:30-9:45 AM 4 Lap; 2 Rec	12:30-1:30 PM 4 Lap; 2 Rec **
12:00 PM - 1:00 PM 5 Lap; 1 Aqua Jog	11:00-11:45 AM 2 Lap; 2 Rec; 2 Twinges	10:30 AM-12:00 PM 4 Lap; 2 Rec	11:00-11:45 AM 2 Lap; 2 Rec; 2 Twinges	9:45-11:00 AM: 3 Lap; 1 Aqua Jog; 2 Lesson	1:30-2:30 PM 2 Lap; 2 Tri; 2 Rec **
1:00-2:00 PM 4 Lap; 2 Golden Wvs	11:45 AM-2:00 PM 4 Lap; 2 Rec	12:00 PM - 1:00 PM 5 Lap; 1 Aqua Jog	11:45 AM-2:00 PM 4 Lap; 2 Rec	11:00 AM-12:00 PM 4 Lap; 2 Rec	2:30-6:30 PM 4 Lap; 2 Rec **
2:00 - 3:30 PM 4 Lap; 2 Rec	2:00 - 3:30 PM 4 Lap; 2 Rec	1:00-2:00 PM 4 Lap/2 Golden Wvs	2:00 - 3:30 PM 4 Lap; 2 Rec	12:00 - 1:00 PM 5 Lap; 1 Aqua Jog	Updated Pool rules are coming soon. Our goal is to create a safer and more enjoyable pool for all.
3:30 -4:15 PM: 3 Lap; 2 Lesson; 1 Aqua Jog	3:30 -4:15 PM 3 Lap; 2 Rec; 1 Lesson	2:00 - 3:30 PM 4 Lap; 2 Rec	3:30 -4:15 PM: 2 Lap; 3 Lesson; 1 Aqua Jog	1:00-2:00 PM 4 Lap; 2 Golden Wvs	
4:15-5:30 PM 4 Team; 2 Lessons	4:15-4:45 PM: 1 Lap; 1 Lesson; 4 Team	3:30 -4:15 PM: 3 Lap; 2 Lesson; 1 Aqua Jog	4:15-5:00 PM 2 Lesson; 4 Team	2:00 - 3:40 PM 4 Lap; 2 Rec	
5:30-6:15 PM 6 Team	4:45-5:30 PM: 1 Lap; 1 Lesson; 4 Team	4:15-5:30 PM 4 Team; 2 Lesson	5:00-5:30 PM 2 Less; 4 Team	3:40 -4:15 PM: 3 Lap; 2 Lesson; 1 Aqua Jog	
6:15 - 7:00 PM 5 Team; 1 Lap	5:30-7:00 PM 6 Team	5:30-6:15 PM 6 Team	5:30-7:00 PM 6 Team	4:15-5:30 PM 2 Less; 4 Team	
7:00-7:15 PM: 4 Lap; 1 Team; 1 Lesson	7:00-7:15 PM 3 Lap; 2 Rec; 1 Team	6:15 - 7:00 PM 5 Team; 1 Lap	7:00-7:15 PM 3 Lap; 2 Rec; 1 Team	5:30-6:15 PM 6 Team	Sunday 7:30-11:00 AM 4 Lap; 2 Rec
7:15-7:30 PM: 5 Lap; 1 Lesson	7:15-8:00 PM 3 Lap; 3 Aquacise*	7:00-7:15 PM: 3 Lap; 2 Rec; 1 Team	7:15-8:00 PM 3 Lap; 3 Aquacise*	6:15 -7:00 PM 5 Team; 1 Lap	11:00 AM-12:00 PM 4 Lap; 2 Family
7:30-7:45 PM 1 Less; 5 Tri club	8:00-9:30 PM 4 Lap; 2 Rec	7:15-9:30 PM 4 Lap; 2 Rec	8:00-9:30 PM 4 Lap; 2 Rec	7:00-7:15 PM 2 Lap; 3 Rec: 1 Team	12:00-2:00 PM 4 Lap; 2 Rec. **
7:45-8:45 PM 1 Lap; 5 Tri club	Scuba Dates: Wednesdays 2/28, 3/21, 3/28, 4/4, 4/11 Scuba Schedule : 7:00-7:15 PM: 1 Lap, 2 Scuba, 2 Rec, 1 Team; 7:15PM - 9:00PM: 2 Scuba, 2 Lap, 2 Rec			7:15-9:00 PM 3 Lap; 3 Rec	**Pool Rentals may occur during this time. Please call ahead as three lap lanes and no rec lanes will be available
8:45-9:30 PM 4 Lap; 2 Rec				9:00-9:30 PM 4 Lap; 2 Rec	

- The VSYMCA closes at 9:30 PM Weekdays, 6:30 PM Saturdays & 2:00 PM Sundays
- Adult Group Water Exercise Classes (Aquacise, Golden Waves, Twinges, Aqua Barre) are free for Members.
- Aqua Jog Lane - Open to adult members for independent water exercises
- Lap lanes may occasionally be used for Private Swim Lessons