



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

Friday, February 2 - Sunday, February 4, 2018

Friday, 2/2	Saturday, 2/3	Sunday, 2/4
5:00-6:30 AM 6 Lap	7:00-9:00 AM 4 Lap; 2 Rec	7:30 AM - 2:00 PM ALL LANES SWIM MEET
6:30-7:00 AM 5 Lap; 1 Aqua Jog	9:00-9:30 AM 2 Lap; 4 Lesson	<u>BONUS HOURS:</u>
7:00-8:00 AM 4 Lap; 2 Rec	9:30-10:30 AM 1 Lap; 5 Lesson	2:00 PM-4:00 PM 4 Lap; 2 Rec
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 Aquacise	11:15 AM-12:30 PM 4 Lap; 2 Family Swim	
9:30-9:45 AM 4 Lap; 2 Rec	12:30-1:30 PM 4 Lap; 2 Rec	
9:45-11:00 AM: 3 Lap; 1 Aqua Jog; 2 Lesson	1:30-2:30 PM 2 Lap; 2 Tri-Club; 2 Rec	
11:00 AM-12:00 PM 4 Lap; 2 Rec	2:30-3:30 PM 4 Lap; 2 Rec	
12:00 -1:00 PM 5 Lap; 1 Aqua Jog	3:30 - 6:00 PM 2 Lap; 2 Rec; 2 Instructor Training	
1:00-2:00 PM 4 Lap; 2 Golden Wvs	6:00-6:30 PM 4 Lap; 2 Rec	
2:00 - 4:00 PM 2 Lap; 2 Rec; 2 Instructor Training		
4:00 PM-4:15 PM 4 Lap; 2 Rec		
4:15-5:30 PM 2 Less; 4 Team		
5:30-6:15 PM 6 Team		
6:15 -7:00 PM 5 Team; 1 Lap		
7:00-7:15 PM 2 Lap; 3 Rec; 1 Team		
7:15-9:00 PM 3 Lap; 3 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