



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Pool Schedule

January 23 - February 18, 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 1 Lap; 5 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 4 Lap; 2 Rec	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-10:15 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	10:15 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	Swim Meet Sunday, 2/4, 7AM - 2PM Extended pool hours available 2PM - 4PM
3:30 -4:15 PM: 3 Lap; 2 Lesson; 1 Aqua Jog	3:30 -4:15 PM 4 Lap; 2 Rec	2:00 - 3:45 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 2 Lap; 4 Team	3:45 -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 2 Lap; 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	Sunday
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	7:30-11:00 AM 4 Lap; 2 Rec
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	11:00 AM-12:00 PM 4 Lap; 2 Family
7:15-7:30 PM: 5 Lap; 1 Lesson	7:15-8:00 PM 3 Lap; 3 Aquacise*	7:00-7:15 PM: 1 Lap 2 Scuba; 2 Rec; 1 Team	7:15-8:00 PM 3 Lap; 3 Aquacise*	6:15 -7:00 PM 5 Team; 1 Lap	12:00-2:00 PM 4 Lap; 2 Rec. **
7:30-7:45 PM 1 Less; 5 Tri club	8:00-9:30 PM 4 Lap; 2 Rec	7:15-9:00 PM 2 Scuba; 2 Lap; 2 Rec	8:00-9:30 PM 4 Lap; 2 Rec	7:00-7:15 PM 2 Lap; 3 Rec: 1 Team	**Pool Rentals may occur during this time. Please call ahead as three lap lanes and no rec lanes will be available during rentals
7:45-8:45 PM 1 Lap; 5 Tri club		9:00-9:30 PM 4 Lap; 2 Rec		7:15-9:00 PM 3 Lap; 3 Rec	
8:45-9:30 PM 4 Lap; 2 Rec	Scuba runs every Wed. 7-9PM, Jan 24th - Feb 28th			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.

***Friday 2/2, 2:00-4:00PM & Saturday 2/3, 3:30-6:00PM: 2 Lap lanes to be used for Swim Instructor Training

• Aqua Jog Lane - Open to adult members for independent water exercises