



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Pool Schedule

July 24 - August 20

Monday	Tuesday	Wednesday	Thursday	Friday
5:00-7:00 AM 6 Lap	5:00-7:00 AM 6 Lap	5:00-7:00 AM 6 Lap	5:00-7:00 AM 6 Lap	5:00-7:00 AM 6 Lap
7:00-8:00 AM 4 Lap; 2 Rec	7:00-8:30 AM 4 Lap; 2 Rec	7:00-8:00 AM 4 Lap; 2 Rec	7:00-8:30 AM 4 Lap; 2 Rec	7:00-8:00 AM 4 Lap; 2 Rec
8:00-8:45 AM 3 Lap; 3 Aquacise*	8:30-9:30 AM 3 Lap; 3 Aquacise*	8:00-8:45 AM 3 Lap; 3 Aquacise*	8:30-9:30 AM 3 Lap; 3 Aquacise*	8:00-8:45 AM 3 Lap; 3 Aquacise*
8:45-9:30 AM 3 Lap; 3 Aquacise*	9:30 AM-10:00 AM 2 Lap; 2 Les; 2 Rec	8:45-9:30 AM 3 Lap; 3 Aquacise*	9:30 AM-10:00 AM 2 Lap; 2 Les; 2 Rec	8:45-9:30 AM 3 Lap; 3 Aquacise*
9:30 AM-10:00 AM 2 Lap; 2 Les; 2 Rec	10:00 AM-11:00 AM 2 Lap; 2 Les; 2 Camp	9:30 AM-10:00 AM 2 Lap; 2 Les; 2 Rec	10:00 AM-11:00 AM 2 Lap; 2 Les; 2 Camp	9:30 AM-10:00 AM 4 Lap; 2 Rec
10:00 AM-10:45 AM 2 Lap; 2 Les; 2 Camp	11:00-11:45 AM 2 Lap; 2 Camp; 2 Twing*	10:00 AM-10:45 AM 2 Lap; 2 Les; 2 Camp	11:00-11:45 AM 2 Lap; 2 Camp; 2 Twing*	10:00 AM-10:45 AM 2 Lap; 2 Rec; Camp
10:45 AM-11:30 AM 2 Lap; 2 Rec; 2 Camp	11:45 AM-2:00 PM 4 Lap; 2 Rec	10:45 AM-11:30 AM 2 Lap; 2 Rec; 2 Camp	11:45 AM-2:00 PM 4 Lap; 2 Rec	10:45 AM-11:30 AM 2 Lap; 2 Rec; 2 Camp
11:30 AM - 1:00 PM 4 Lap; 2 Rec	2:00 - 3:30 PM Pool Closed for Camp	11:30 AM - 1:00 PM 4 Lap; 2 Rec	2:00 - 3:30 PM Pool Closed for Camp	11:30 AM - 1:00 PM 4 Lap; 2 Rec
1:00-2:00 PM 4 Lap; 2 Golden Wvs*	3:30 -4:15 PM 4 Lap; 2 Less	1:00-2:00 PM 4 Lap/2 Golden Wvs*	3:30 -4:15 PM 4 Lap; 2 Less	1:00-2:00 PM 4 Lap; 2 Golden Wvs*
2:00 - 3:30 PM Pool Closed for Camp	4:15-5:00 PM 4 Lap; 2 Less	2:00 - 3:30 PM Pool Closed for Camp	4:15-5:00 PM 4 Lap; 2 Less	2:00 - 3:30 PM Pool Closed for Camp
3:30 -4:15 PM 4 Lap; 2 Less	5:00-6:30 PM 4 Lap; 2 Rec	3:30-4:15 PM 4 Lap; 2 Lesson	5:00-6:30 PM 4 Lap; 2 Rec	3:30-4:15 PM 4 Lap; 2 Rec
4:15-5:00 PM 4 Lap; 2 Less	6:30-7:15 PM 4 Lap; 2 Rec	4:15-5:00 PM 4 Lap; 2 Less	6:30-7:15 PM 4 Lap; 2 Rec	4:15-5:30 PM 4 Lap; 2 Rec
5:00-6:30 PM 4 Lap; 2 Rec	7:15-8:00 PM 3 Lap; 3 Aquacise*	5:00-6:30 PM 4 Lap; 2 Rec	7:15-8:00 PM 3 Lap; 3 Aquacise*	5:30-6:30 PM 4 Lap; 2 Rec
6:30-9:30 PM 4 Lap; 2 Rec	8:00-9:30 PM 4 Lap; 2 Rec	6:30 -7:00 PM 4 Lap; 2 Rec	8:00-9:30 PM 4 Lap; 2 Rec	6:30-9:00 PM 3 Lap; 3 Rec
		7:00-9:00 PM 2 Lap; 2 Scuba; 2 Rec		9:00-9:30 PM 4 Lap; 2 Rec
		9:00-9:30 PM 4 Lap; 2 Rec		
Saturday	Sunday	Please Note: The VSYMCA closes at 9:30 PM M-F, 6:30 PM Saturday & 2:00 PM Sunday		
7:00-9:00 AM 4 Lap; 2 Rec	7:30-11:00 AM 4 Lap; 2 Rec	Lanes may be used for private swim lessons		
9:00-11:15 AM 2 Lap; 4 Lessons	11:00 AM-12:00 PM 4 Lap; 2 Family	Scuba to meet on Wednesdays, until Sept 6, 7-9 pm, 2 lanes		
11:15 AM-12:30 PM 4 Lap; 2 Family Swim	12:00-2:00 PM 4 Lap; 2 Rec. **			
12:30-6:30 PM 4 Lap; 2 Rec **				
** Pool rentals may occur during this time. Please call ahead as 3 lap lanes and no rec lanes will be available during rentals		* These Adult Group Water Exercise Classes are free for Members. Any questions regarding these classes may be directed to the Welcome Center Staff.		