



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## Pool Schedule

## March 7 - 12, 2018

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

- 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

