



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Pool Schedule

September 23 - October 22, 2017

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	7:00-9:30 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	9:30-11:15 AM 4 Lesson; 2 Lap
7:00-8:00 AM 4 Lap; 2 Rec	7:00-9:00 AM 4 Lap; 2 Rec	7:00-8:00 AM 4 Lap; 2 Rec	7:00-9:00 AM 4 Lap; 2 Rec	7:00-8:00 AM 4 Lap; 2 Rec	11:15 AM-12:30 PM 4 Lap; 2 Family Swim
8:00-8:45 AM 3 Lap; 3 Aquacise	9:00-10:00 AM 3 Lap; 3 Aquacise	8:00-8:45 AM 3 Lap; 3 Aquacise	9:00-10:00 AM 3 Lap; 3 Aquacise	8:00-8:45 AM 3 Lap; 3 Aquacise	12:30-6:30 PM 4 Lap; 2 Rec **
8:45-9:30 AM 3 Lap; 3 Aquacise	10:00 AM-11:00 AM 4 Lap; 2 Lesson	9:00-10:00 AM 3 Lap; 3 Aquacise	9:45-10:45 AM 4 Lap; 2 Lesson	8:45-9:30 AM 3 Lap; 3 Aquacise	
9:30 AM-10:00 AM 4 Lap; 2 Rec	11:00-11:45 AM 2 Lap; 2 Rec; 2 Twinges	10:00 AM-10:45 AM 4 Lap; 2 Rec	10:45-11:00 AM 4 Lap; 2 Rec	9:30 AM-9:45 AM 4 Lap; 2 Rec	
10:00 AM-10:45 AM 4 Lap; 2 Rec	11:45 AM-2:00 PM 4 Lap; 2 Rec	10:45 AM-12:00 PM 4 Lap; 2 Rec	11:00-11:45 AM 2 Lap; 2 Rec; 2 Twinges	9:45 AM-11:00 AM 4 Lap; 2 Rec	Sunday
10:45 AM-12:00 PM 4 Lap; 2 Rec	2:00 - 3:30 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	7:30-11:00 AM 4 Lap; 2 Rec
12:00 PM - 1:00 PM 5 Lap; 1 Aqua Jog	3:30 -4:15 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 PM - 1:00 PM 5 Lap; 1 Aqua Jog	11:00 AM-12:00 PM 4 Lap; 2 Family
1:00-2:00 PM 4 Lap; 2 Golden Wvs	4:15-4:45 PM 3 Lap; 3 Team	2:00 - 3:45 PM 4 Lap; 2 Rec	3:30 -4:15 PM 4 Lap; 2 Rec	1:00-2:00 PM 4 Lap; 2 Golden Wvs	12:00-2:00 PM 4 Lap; 2 Rec. **
2:00 - 3:30 PM 4 Lap; 2 Rec	4:45-5:30 PM 2 Lap; 3 Team; 1	3:45 -4:15 PM 4 Lap; 2 Rec	4:15-5:00 PM 3 Lesson; 3 Team	2:00 - 3:45 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
3:30 -4:15 PM 4 Lap; 2 Rec	5:30-7:00 PM 6 Team	4:15-5:30 PM 3 Lap; 3 Team	5:00-5:30 PM 1 Less; 3 Team; 2 Rec	3:45-4:15 PM 4 Lap; 2 Rec	
4:15-5:30 PM 1 Lap; 3 Team; 2	7:00-7:15 PM 4 Lap; 2 Rec	5:30-7:00 PM 6 Team	5:30-7:00 PM 6 Team	4:15-5:30 PM 1 Lap; 2 Less; 3 Team	
5:30-7:00 PM 6 Team	7:15-8:00 PM 3 Lap; 3 Aquacise*	7:00-9:00 PM 2 Lap; 2 Rec; 2 Scuba	7:00-7:15 PM 4 Lap; 2 Rec	5:30-7:00 PM 6 Team	
7:00-9:30 PM 4 Lap; 2 Rec	8:00-9:30 PM 4 Lap; 2 Rec	9:00-9:30 PM 4 Lap; 2 Rec	7:15-8:00 PM 3 Lap; 3 Aquacise*	7:00-9:00 PM 3 Lap; 3 Rec	
			8:00-9:30 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) are free for Members. Any questions regarding these classes may be directed to the Welcome Center Staff.
- NEW - Aqua Jog Lane - Open to adult members for independent water exercises
- Lanes may be used for Private Swim Lessons