



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## Pool Schedule

## Aug 19 - 26, 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 <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>	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 <b>4 Lap; 2 Rec</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>	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 <b>4 Lap; 2 Rec</b>
8:45-9:30 AM <b>3 Lap; 3 Aqua Barre</b>	9:45-11:00 AM <b>4 Lap; 2 Rec</b>	8:45-9:30 AM <b>3 Lap; 3 Aquacise</b>	9:45-11:00 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 Fam. Swim</b>
9:30-12:00 PM <b>4 Lap; 2 Rec</b>	11:00-11:45 AM: <b>3 Lap; 2 Twinges: 1 Aqua Jog</b>	9:30-12:00 PM <b>4 Lap; 2 Rec</b>	11:00-11:45 AM: <b>3 Lap; 2 Twinges: 1 Aqua Jog</b>	9:30-1:00 PM <b>4 Lap; 2 Rec</b>	12:30-6:30 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>	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>	1:00-2:00 PM <b>4 Lap; 2 Golden Wvs</b>	<b>Sunday</b>
1:00-2:00 PM <b>4 Lap; 2 Golden Wvs</b>	2:00 - 3:30 PM: <b>CLOSED FOR CAMP SWIM</b>	1:00-2:00 PM <b>4 Lap; 2 Golden Wvs</b>	2:00 - 3:30 PM: <b>CLOSED FOR CAMP SWIM</b>	2:00 - 3:30 PM: <b>CLOSED FOR CAMP SWIM</b>	7:30-11 AM <b>4 Lap; 2 Rec</b>
2:00 - 3:30 PM: <b>CLOSED FOR CAMP SWIM</b>	3:30 -5:30 PM <b>4 Lap; 2 Rec</b>	2:00 - 3:30 PM: <b>CLOSED FOR CAMP SWIM</b>	3:30 -5:30 PM <b>4 Lap; 2 Rec</b>	3:30 -4:30 PM <b>4 Lap; 2 Rec</b>	11:00 AM-12:00 PM <b>4 Lap; 2 Family</b>
3:30 -5:00 PM <b>4 Lap; 2 Rec</b>	5:30-7:00 PM <b>4 Lap; 2 Rec</b>	3:30 -5:00 PM <b>4 Lap; 2 Rec</b>	5:30-7:00 PM <b>4 Lap; 2 Rec</b>	4:30-5:30 PM <b>4 Lap; 2 Rec</b>	12:00-1:00 PM <b>4 Lap; 2 Rec. **</b>
5:00-6:30 PM <b>4 Lap; 2 Rec</b>	7:00 - 7:15 PM <b>4 Lap; 2 Rec</b>	5:00-7:00 PM <b>4 Lap; 2 Rec</b>	7:00 - 7:15 PM <b>4 Lap; 2 Rec</b>	5:30-6:30 PM <b>4 Lap; 2 Rec</b>	1:00-2:00 PM <b>5 Lap; 1 Aqua Jog. **</b>
6:30-9:30 PM <b>4 Lap; 2 Rec</b>	7:15-8:00 PM <b>3 Lap; 3 Aquacise*</b>	7:00-9:00 PM: <b>2 Scuba; 2 Lap; 2 Rec</b>	7:15-8:00 PM <b>3 Lap; 3 Aquacise*</b>	6:30-9:00 PM <b>3 Lap; 3 Rec</b>	<div style="border: 1px solid black; padding: 5px;">           **Pool Rentals may occur during this time. Please call ahead as three lap lanes and no rec lanes will be available during rentals         </div>
	8:00-9:30 PM <b>4 Lap; 2 Rec</b>	9:00-9:30 PM <b>4 Lap; 2 Rec</b>	8:00-9:30 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 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
- This is the last week of the summer Scuba session
- **We are closed September 3 for Labor Day**