



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Pool Schedule

September 9 - December 16, 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 4 Lesson; 2 Lap
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	9:30-11:15 AM 5 Lesson; 1 Lap
8:00-8:45 AM 3 Lap; 3 Aquasize	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	11:15 AM-12:30 PM: 3 Lap 1 Les; 2 Fam. Swim
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	9:45-11:00 AM: 3 Lap; 1 Aqua Jog; 2 Lesson	8:45-9:30 AM 3 Lap; 3 Aquacise	12:30-6:30 PM 4 Lap; 2 Rec **
9:30 AM-12:00 PM 4 Lap; 2 Rec	10:00-11:00 AM; 3 Lap; 1 Aqua Jog; 2 Lesson	9:30 -10:30 AM: 3 Lap; 2 Lesson; 1 Aqua Jog	11:00-11:45 AM: 2 Lap; 2 Rec; 2 Twinges	9:30-9:45 AM 4 Lap; 2 Rec	On Saturday, Oct. 27th, we will be hosting Fitter & Faster Youth Clinic and there will be limited pool hours. Please check the revised schedule, which will be posted.
12:00 PM - 1:00 PM 5 Lap; 1 Aqua Jog	11:00-11:45 AM: 2 Lap; 2 Rec; 2 Twinges	10:30 AM-12:00 PM 4 Lap; 2 Rec	11:45 AM-3:30 PM 4 Lap; 2 Rec	9:45-11:00 AM: 3 Lap; 1 Aqua Jog; 2 Lesson	
1:00-2:00 PM 4 Lap; 2 Golden Wvs	11:45 AM-4:15 PM 4 Lap; 2 Rec	12:00 PM - 1:00 PM 5 Lap; 1 Aqua Jog	3:30 -4:15 PM: 3 Lap; 2 Lesson; 1 Aqua Jog	11:00 AM-1:00 PM 4 Lap; 2 Rec	
2:00 - 3:30 PM 4 Lap; 2 Rec	4:15-4:45 PM: 2 Lap; 4 Team	1:00-2:00 PM 4 Lap; 2 Golden Wvs	4:15-5:30 PM: 2 Lesson; 4 Swim Team	1:00-2:00 PM 4 Lap; 2 Golden Wvs	
3:30 -4:15 PM: 3 Lap; 2 Lesson; 1 Aqua Jog	4:45-5:30 PM: 2 Lesson; 4 Team	2:00 - 3:30 PM 4 Lap; 2 Rec	5:30-7:00 PM 6 Swim Team	2:00 - 3:40 PM 4 Lap; 2 Rec	Sunday
4:15-5:30 PM: 2 Lesson; 4 Swim Team	5:30-7:00 PM 6 Swim Team	3:30 -4:15 PM: 3 Lap; 2 Lesson; 1 Aqua Jog	7:00-7:15 PM 4 Lap; 2 Aqua Jog	3:40 -4:15 PM: 3 Lap; 2 Lesson; 1 Aqua Jog	7:30-11 AM 4 Lap; 2 Rec
5:30-7:00 PM 6 Swim Team	7:00-7:15 PM 4 Lap; 2 Aqua Jog	4:15-5:30 PM: 2 Lesson; 4 Swim Team	7:15-8:00 PM 3 Lap; 3 Aquacise*	4:15-5:30 PM: 2 Lesson; 4 Swim Team	11:00 AM-12:00 PM 4 Lap; 2 Family
7:00-7:40 PM: 3 Lap; 2 Rec; 1 Lesson	7:15-8:00 PM 3 Lap; 3 Aquacise*	5:30-7:00 PM 6 Swim Team	8:00-9:30 PM 4 Lap; 2 Rec	5:30-7:00 PM 6 Swim Team	12:00-1:00 PM 4 Lap; 2 Rec. **
7:00-9:30 PM 4 Lap; 2 Rec	8:00-9:30 PM 4 Lap; 2 Rec	7:00 - 9:00 PM: 2 Lap; 2 SCUBA; 2 Rec.		7:00-9:00 PM 3 Lap; 3 Rec	1:00-2:00 PM 5 Lap; 1 Aqua Jog. **
		9:00-9:30 PM 4 Lap; 2 Rec		9:00-9:30 PM 4 Lap; 2 Rec	**Pool Rentals may occur during this time. Please call ahead as three lap lanes and no rec lanes will be available during rentals

- 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