



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Pool Schedule

April 20th- June 14th, 2019

| 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 | 9:00am-11:15 AM 5 Lesson; 1 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 | 11:15 AM-1:30 PM 1 Lesson, 3 Lap; 2 Family Swim |
| 8:00-8:45 AM 3 Lap; 3 Aqua Zumba | 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 | 1:30-2:30 PM 2 Tri-Club, 2 Lap, 2 Rec |
| 8:45-9:30 AM 3 Lap; 3 Aqua Zumba | 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; 2 Lesson; 1 Aqua Jog | 8:45-9:30 AM 3 Lap; 3 Aquacise | 2:30pm-4:30pm 4 Lap, 2 Rec |
| 9:30 AM-12:00 AM 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 | 9:30-12:00 PM 4 Lap, 2 Rec, Lessons- Shallow End | 4:30pm-5:30pm 2 Lap, 2 Rec, 2 Lesson |
| 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 | 12:00 -1:00 PM 5 Lap; 1 Aqua Jog | 5:30pm-6:30pm 4 Lap, 2 Rec |
| 1:00-2:00 PM 4 Lap, 2 Golden Waves | 11:45 AM-1:00 PM 4 Lap; 2 Rec | 12:00 PM - 1:00 PM 5 Lap; 1 Aqua Jog | 3:30 -4:30 PM 3 Lap, 2 Lesson; 1 Aqua Jog | 1:00-2:00 PM 4 Lap, 2 Golden Waves | Sunday |
| 2:00 - 3:30 PM 4 Lap; 2 Rec | 1:00 - 1:45 PM 3 Lap; 2 Lesson; 1 Aqua Jog | 1:00-2:00 PM 4 Lap, 2 Golden Waves | 4:30-5:30 PM 2 Lesson, 4 Swim Team | 2:00 - 3:40 PM 4 Lap; 2 Rec | 7:30-11 AM 4 Lap; 2 Rec |
| 3:30 -4:30PM 3 Lap; 2 Lesson; 1 Aqua Jog | 1:45 -4:30PM 4 Lap; 2 Rec | 2:00 - 3:30 PM 4 Lap; 2 Rec | 5:30-7:15PM 6 Swim Team | 3:40 -4:30PM 3 Lap; 2 Lesson; 1 Aqua Jog | 11:00 AM-12:00 PM 4 Lap; 2 Rec** |
| 4:30-5:30 PM 2 Lesson; 4 Swim Team | 4:30-5:30 PM: 4 Swim Team; 2 Rec | 3:30 -4:30 PM 3 Lap; 2 Lesson; 1 Aqua Jog | 7:15-8:00 PM 3 Lap; 3 Aquacise* | 4:30-5:30 PM 2 Lesson; 4 Swim Team | 12:00-1:00 PM 4 Lap; 2 Family |
| 5:30-7:15 PM 6 Swim Team | 5:30-7:15 PM 6 Swim Team | 4:30-5:30 PM 2 Lesson; 4 Swim Team | 8:00-9:30 PM 4 Lap; 2 Rec | 5:30-7:15PM 6 Swim Team | 1:00-2:00 PM 4Lap; 2 Rec** |
| 7:15-7:45PM 4 Lap, 2 Lesson | 7:15-8:00 PM 3 Lap; 3 Aquacise* | 5:30-7:15 PM 6 Swim Team | | 7:15-9:00 PM 3 Lap; 3 Rec | **Pool Rentals may occur during this time. Please call ahead as three lap lanes and no rec lanes will be available during rentals |
| 7:45-9:00pm 6 Tri- Club | 8:00-9:30 PM 4 Lap; 2 Rec | 7:15-9:00 PM 2 Scuba, 2 Lap, 2 Rec | | 9:00-9:30 PM 4 Lap; 2 Rec | |
| 9:00pm-9:30pm 4 Lap, 2 Rec | | 9:00-9:30pm 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 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
- Rec= Recreational, or Open, Swim

**Revised
4/22/2019**

