

# Valley Shore Y Pool Schedule

March 9th- March 20th, 2020

Please visit our website, [vsymca.org](http://vsymca.org), to view the Pool Changes calendar for upcoming events and pool changes!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00 AM-6:30 AM 6 Lap	5:00 AM-6:30 AM 6 Lap	5:00 AM-6:30 AM 6 Lap	5:00 AM-6:30 AM 6 Lap	5:00 AM-6:30 AM 6 Lap	7:00 AM-9:00 AM 4 Lap; 2 Rec
6:30 AM-7:00 AM 5 Lap; 1 Aqua Jog	6:30 AM-7:00 AM 5 Lap; 1 Aqua Jog	6:30 AM-7:00 AM 5 Lap; 1 Aqua Jog	6:30 AM-7:00 AM 5 Lap; 1 Aqua Jog	6:30 AM-7:00 AM 5 Lap; 1 Aqua Jog	9:00 AM-11:15 AM 5 Lesson; 1 Lap
7:00 AM-8:00 AM 4 Lap; 2 Rec	7:00-8:45 AM 4 Lap; 2 Rec	7:00 AM- 8:00 AM 4 Lap; 2 Rec	7:00 AM-8:45 AM 4 Lap; 2 Rec	7:00 AM-8:00 AM 4 Lap; 2 Rec	11:15 AM-12:00 PM 2 Lap, 2 Rec, 2 Lesson
8:00 AM- 8:45 AM 3 Lap; 3 Aqua ZUMBA	8:45 AM-9:45 AM 3 Lap; 3 Aquacise	8:00 AM- 8:45 AM 3 Lap; 3 Aquacise	8:45 AM- 9:45 AM 3 Lap; 3 Aquacise	8:00 AM- 8:45 AM 3 Lap; 3 Aquacise	12:00 PM-1:30 PM 4 Lap; 2 Rec **
8:45 AM- 9:30 AM 3 Lap; 3 Aqua ZUMBA	9:45 AM- 11:00 AM 3 Lap; 1 Aqua Jog; 2 Rec	8:45 AM- 9:30 AM 3 Lap; 3 Aquacise	9:45 AM-11:00 AM 3 Lap, 1 Aqua Jog, 2 Rec	8:45 AM- 9:30 AM 3 Lap; 3 Aquacise	1:30 PM- 2:30 PM 2 Tri Club, 2 Lap, 2 Rec
9:30 AM-10:15 AM 2 Lesson, 4 Lap	11:00 AM- 11:45 AM 4 Lap, 2 Twinges	9:30 AM-11:00 AM 4 Lap, 2 Rec	11:00 AM- 11:30 AM 4 Lap, 2 Twinges	9:30 AM- 10:00 AM 2 Lesson, 4 Lap	2:30 PM- 6:30 PM 4 Lap, 2 Rec**
10:15 AM- 1:00 PM 3 Lap; 1 Aqua Jog; 2 Rec	11:45 AM- 1:00 PM 3 Lap; 1 Aqua Jog; 2 Rec	11:00 AM- 1:00 PM 3 Lap; 1 Aqua Jog; 2 Rec	11:30 AM- 11:45 AM 2 Twinges, 2 Lesson, 2 Lap	10:00 AM- 1:00 PM 3 Lap, 1 Aqua Jog, 2 Rec	<b>Sunday</b>
1:00 PM- 2:00 PM 3 Lap; 3 Golden Waves	1:00 PM- 3:30 PM 4 Lap; 2 Rec	1:00 PM- 2:00 PM 3 Lap; 3 Golden Waves	11:45 AM- 12:00 PM 2 Lesson, 2 Lap, 2 Rec	1:00 PM- 2:00 PM 3 Lap, 3 Golden Waves	7:30-9:15 AM 4 Lap; 2 Rec
2:00 PM- 3:30 PM 4 Lap; 2 Rec	3:30pm PM- 4:30 PM 4 Lap, 2 Lesson	2:00 PM- 4:15 PM 4 Lap, 2 Rec	12:00 PM- 3:30 PM 4 Lap, 2 Rec	2:00 PM- 3:30 PM 4 Lap; 2 Rec	9:15 AM- 9:45 AM 4 Lap; 2 Lesson
3:30 PM-4:30 PM 4 Lap; 2 Lesson	4:30 PM- 5:30 PM 4 Swim Team, 2 Lesson	4:15 PM- 4:30 PM 4 Lap; 2 Rec	3:30 PM- 4:00 PM 4 Lap, 2 Lesson	3:30 PM- 4:30 PM 4 Lap; 2 Lesson	9:45 AM- 12:00 PM 4 Lap; 2 Rec**
4:30 PM- 5:00 PM 4 Swim Team; 2 Lesson	5:30 PM- 6:30 PM 4 Swim Team, 2 Rec	4:30 PM- 5:00 PM 4 Swim Team; 2 Rec	4:00 PM- 4:30 PM 4 Lap, 2 Lesson	4:30 PM- 5:30 PM 4 Swim Team, 2 Lesson	12:00 PM- 2:00 PM 4 Lap; 2 Rec**
5:00 PM- 5:30 PM 4 Swim Team; 2 Lesson	6:30 PM- 8:00 PM 4 Lap; 2 Aquacise	5:00 PM- 5:30 PM 4 Swim Team; 2 Rec	4:30 PM- 5:30 PM 4 Swim Team, 2 Lesson	5:30 PM- 6:30 PM 4 Swim Team, 2 Rec	
5:30 PM- 6:30 PM 6 Swim Team	8:00 PM- 9:30 PM 4 Lap; 2 Rec	5:30 PM- 6:30 PM 6 Swim Team	5:30 PM- 6:30 PM 4 Swim Team, 2 Rec	6:30 PM- 7:15 PM 4 Lap, 2 Rec	
6:30 PM- 7:15 PM 4 Lap, 2 Rec		6:30 PM- 7:15 PM 4 Lap, 2 Rec	6:30 PM- 7:15 PM 4 Lap; 2 Rec	7:15 PM- 9:00 PM 3 KNO, 2 Lap, 1 Rec	<b>Lap Lanes, or partial Rec Lanes, will still be used for Private Lessons!</b>
7:15 PM- 8:30 PM 6 Tri Club		7:15 PM- 9:00 PM 2 Lap; 2 Rec, 2 Scuba	7:15 PM- 8:00 PM 2 Lap; 2 Aquacise, 2 Lesson	9:00-9:30 PM 4 Lap; 2 Rec	
8:30 PM- 9:30 PM 4 Lap, 2 Rec		9:00 PM- 9:30 PM 4 Lap, 2 Rec	8:00 PM- 9:30 PM 4 Lap, 2 Rec		

Revised March 8th, 2020

- 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
- Rec= Recreational, or Open Swim
- KNO= Kids Night Out