Valley Shore YMCA

Pool Schedule November 1st – December 20th

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Lap Swimming 5:00-6:45p (5) **Recreational swimming** 5:00-6:45p (1)	**Lap Swimming** 5:00-6:45p (5) **Recreational swimming** 5:00-6:45p (1)	**Lap Swimming** 5:00-6:45p (5) **Recreational swimming** 5:00-6:45p (1)	**Lap Swimming** 5:00-6:45p (5) **Recreational swimming** 5:00-6:45p (1)	**Lap Swimming** 5:00-6:45p (5) **Recreational swimming** 5:00-6:45p (1)	
	15 Minute Lifeguard Break 6:45-7:00am					
Lap Swimming 7:00-9:00a (4) 9:00-9:45a (2) 9:45a-12:00p (3) 12:00-6:00p (4) **Recreational swimming** 7:00-10:00a (2) *10:00a-12:00p (2) 12:00-6:00p (2) **Mini Marlins** 9:00-9:45a (2) **Group Swim Lessons** 10:00a-12:00p shared rec space/ or single lap lane *SCUBA RENTAL* *11/15/26* *Will take 2 lap lanes* *5-6pm*	**Lap Swimming** 7:00-8:00a (5) 8:00-9:30a (4) 9:30-10:15a (3) 10:15a-1:30p (4) **Aquacise** 8:30-9:15a (2) 9:30-10:15a (3) **Recreational swimming** 7:00-8:00a (1) 8:00-8:30a (2) 10:15a-1:30p (2)	**Lap Swimming** 7:00-8:00a (5) 8:00-8:30a (4) 8:30-10:15a (3) 10:15a-1:30p (4) **Aquacise** 8:30-9:15a (3) 9:30-10:15a (3) **Recreational swimming** 7:00-8:00a (1) 8:00-8:30a (2) 10:15a-12:00p (2) *12:00-1:30p (2) *Rental 12-1p*	**Lap Swimming** 7:00-8:00a (5) 8:00-9:30a (4) 9:30-10:15a (3) 10:15a-1:30p (4) **Joint Venture** 8:30-9:15a (2) **Recreational swimming** 7:00-8:00a (1) 8:00-8:30a (2) *9:30-11:00a (2) 11:00a-1:30P (2)	**Lap Swimming** 7:00-8:00a (3) 8:00-8:30a (4) 8:30-10:15a (3) 10:15a-1:30p (4) **Aquacise** 8:30-9:15a (3) 9:30-10:15a (3) **Recreational swimming** 7:00-8:00a (1) 8:00-8:30a (2) 10:15a-12:00p (2) *12:00-1:30p (2) *Rental 12-1p*	**Lap Swimming** 7:00-8:00a (5) 8:00a-1:30p (4) **Recreational swimming** 7:00-8:00a (1) 8:00-11:00a (2) *11:00a-1:30p (2) *Rental 11-1p* *Group rental* *11/13/26* *10-11a* *no recreational lanes*	**Lap Swimming** 7:00-12:00p (2) 12:00-6:00p (4) **Recreational swimming** 7:00a-2:00p (2) *2:00-3:00p deep end only (2) 3:00-6:00p (2) **Marlins Swim Team** 7:00-9:00a (2) **Group Swim Lessons** 9:00a-12:00p (2) *SCUBA RENTAL* *11/14/26* *Will take 2 lap lanes* *5-6pm* *Race 4 Chase Santa Relay 12/12/26* *Will take 1 rec, 1 lap lane* *12-1PM*
	15 minute lifeguard break 1:30-1:45p					
	Lap Swimming 1:45-4:30p (4) **Recreational swimming** 1:45-3:30p (2) *3:30-4:30p (2)	**Lap Swimming** 1:45-4:30p (4) **Recreational swimming** 1:45-3:30p (2) *3:30-4:30p (2)	**Lap Swimming** 1:45-4:30p (4) **Recreational swimming** 1:45-3:30p (2)	**Lap Swimming** 1:45-4:30p (4) **Recreational swimming** 1:45-3:30p (2) *3:30-4:30p (2)	**Lap Swimming** 1:45-4:30p (4) **Recreational swimming** 1:45-4:30p (2)	
	Marlins swim team practice 4:30-7:30					
	Lap Swimming 7:00-7:30p (2)	**Lap Swimming** 7:00-7:45p (1) **Recreational swimming** 7:00-7:45p (1)	**Aquacise** 7:00-7:45p (2)	**Lap Swimming** 7:00-7:45p (1) **Recreational swimming** 7:00-7:45p (1)	**Lap Swimming** 7:30-9:00p (3) **Recreational Swimming** 7:30-9:00p (1) **Kid's Night Out $** 7:00-9:00p (2)	
	Tri Club	**15 minute lifeguard break**				
	7:30-9:00p (6)	**Lap Swimming** 8:00-9:00p (4) **Recreational Swimming** 8:00-9:00p (2)	**Lap Swimming** 8:00-9:00p (4) **Recreational Swimming** 8:00-9:00p (2)	**Lap Swimming** 8:00-9:00p (4) **Recreational Swimming** 8:00-9:00p (2)		

- Lap Swimming-continuous swimming up and down the length of the pool. Split or circle swimming may be required at high volume times.
- Recreational Swimming- Any swimming or aquatic exercise that is not continuous lengths. No kick boards, fins or swim bars allowed in this space. Children under 8 and non swimmers must have adult in the water.
- Aquacise & Arthritic Joint Venture – Aquatic exercise classes. Reservations required online!
- (#) - number of lanes available
- (*) - space shared with group swim lessons/ or rental group. Rec swimming allowed but be aware of shared space.
- MARLINS SWIM TEAM HOME MEET SUNDAY NOVEMBER 8th. NO POOL AVAILABILITY FROM 7AM - 1PM
- New Adult/ Masters Swim Practice Thursday Mornings from 7AM-8AM starting in December. Please email reach out for more information. Until December 5 lap lanes will be available for lap swimming
- Triclub practices resume Monday evenings from 7:30-9:00 PM starting in November.
- Italicized words are external groups renting our space. If they do not come, lanes will be divided between lap and recreational swimming lanes.
- Private swim lessons may take over a lap lane or recreational space at any time.

See a director for more information or questions. Schedule is subject to change. Updated 10.28.2026

Valley Shore YMCA

Where You Belong! Safe Pools Have Rules!

- Swimmers must shower before entering the pool per State Health Codes.
- Any person with open sores and communicable diseases will not be allowed to use the pool due to State Health Codes.
- All swimmers must wear proper swimming attire.
- Incontinent swimmers must wear swim diapers.
- Only Coast Guard approved PFD's (Personal Flotation Devices) may be used. No inflatable flotation allowed.
- Children under the age of 13 must be accompanied by an adult in the pool room.
- Children under the age of 8, regardless of ability, must have an adult in the water.
- Poor or non-swimmers, regardless of age, must be accompanied in the water by an adult within arms reach at all times.
- Swimmers must be able to confidently swim 25 yards without flotation in order to swim outside of the shallow swim area. Floatation devices are not permitted in the deep end except for adult water exercise and swim lessons
- Running, horseplay, prolonged breath holding, or hanging on Lane Lines and Rope Dividers are prohibited.
- Spitting or blowing your nose in the pool is prohibited.
- No diving allowed. Diving blocks are for competitive events and lesson use only.
- Jumping into the shallow end of the pool is prohibited. Jumping is to be done only in an approved "Jump Zone" with the lifeguards permission.
- Kickboards, barbells, fins, snorkels, and other devices are to be used for training only during swim instruction, organized exercise classes, or lap swimming.
- Glass, sharp objects or food are prohibited on the pool deck.
- Strollers are not permitted on the pool deck.
- Pool stairs are for entering and exiting the pool only. Do not play on the pool stairs.
- Lap swimming is confined to lap lanes only. Rec area is for recreational swimming, swim exercise, water walking, and any water activity not defined as lap swimming.
- When all lanes are occupied, lap lanes are to be shared. Two swimmers can split a lane; three or more will circle swim. Circle swim requires a swimmer to stay to the right side of the lane at all times. Passing is only permitted at the end of the lane.
- Swimmers may be asked by the lifeguard to change lanes to accommodate swimmers of different speeds.
- Private swim lessons may take over the use of a scheduled lap or rec lane.
- For your safety, the pool and pool deck are not open during thunder and lightning storms. The pool will reopen 30 minutes after the final sound of thunder.
- In the case of an Emergency Alarm, swimmers must exit the pool area via the Exit doors. For your own personal safety, no one may re-enter the building until cleared by professional responders. Emergency supplies will be provided by Lifeguards.
- In the event of a medical emergency, all swimmers will be cleared from the pool and asked to leave the room.
- Maximum of 25 swimmers per lifeguard will be permitted in the pool.

The Lifeguard has final say.