



INDIAN VALLEY FAMILY YMCA AQUATICS SCHEDULE - LAP POOL

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

860 871 0008

www.indianvalleyfamilyYMCA.org

Summer 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:15-7:30AM Lap Swim (8 lanes)	5:15-7:30AM Lap Swim (8 lanes)	5:15-7:30AM Lap Swim (8 lanes)	5:15-7:30AM Lap Swim (8 lanes)	5:15-7:30AM Lap Swim (8 lanes)	7:00-8:00AM Lap Swim (8 lanes)	9:00-10:00AM Lap Swim (8 lanes)
7:30-9:30AM Lap Swim (8 lanes)	7:30-9:30AM Lap Swim (8 lanes)	7:30-9:30AM Lap Swim (8 lanes)	7:30-9:30AM Lap Swim (8 lanes)	7:30-9:30AM Lap Swim (8 lanes)	8:00-8:45am Lap Swim (4 lanes) Water Exercise (4 lanes) (8:00AM-8:45AM)	10:00AM-11:00AM Lap Swim (5 lanes) AQUA ZUMBA (3 lanes) (10:00AM-10:45AM)
9:30-10:30AM Lap Swim (3 lanes) Water Exercise (5 lanes)	9:30-10:30AM Lap Swim (3 lanes) Water Exercise (5 lanes)	9:30-10:30AM Lap Swim (8 lanes)	9:30-10:30AM Lap Swim (3 lanes) Water Exercise (5 lanes)	9:30-10:30AM Lap Swim (3 lanes) Water Exercise (5 lanes)	9:00AM-12:00PM Lap Swim (5 lanes) Swim Lessons (3 lanes)	11:00am-3:30pm Lap Swim (6 lanes) Swim Lessons (2 lanes) Pool Closes at 3:30PM
10:30AM-3:00PM Lap Swim (8 lanes)	10:30-3:00PM Lap Swim (8 lanes)	10:30AM-3:00PM Lap Swim (8 lanes)	10:30-3:00PM Lap Swim (8 lanes)	10:30AM-3:00PM Lap Swim (8 lanes)	12:00-4:30PM Lap Swim (8 lanes) Pool Closes at 4:30PM	
3:00-5:00PM Lap Swim (8 Lanes)	3:00-5:00PM Lap Swim (8 Lanes)	3:00-5:00PM Lap Swim (8 Lanes)	3:00-5:00PM Lap Swim (8 Lanes)	3:00-5:00PM Lap Swim (8 Lanes)		
5:00-7:45PM Swim Team (7 Lanes) Lap Swim (Lane 8 open)	5:00-7:45PM Swim Team (7 Lanes) Lap Swim (Lane 8 open)	5:00-7:45PM Swim Team (7 Lanes) Lap Swim (Lane 8 open)	5:00-7:45PM Swim Team (7 Lanes) Lap Swim (Lane 8 open)	5:00-7:45PM Swim Team (7 Lanes) Lap Swim (Lane 8 open)		
7:45-8:00PM Swim Team (4 Lanes) Lap Swim (4 Lanes)	7:45-8:00PM Swim Team (4 Lanes) Lap Swim (4 Lanes)	7:45-8:00PM Swim Team (4 Lanes) Lap Swim (4 Lanes)	7:45-8:00PM Swim Team (4 Lanes) Lap Swim (4 Lanes)	7:45-8:00PM Swim Team (4 Lanes) Lap Swim (4 Lanes)		
8:00-8:30PM Lap Swim (8 lanes)	8:00-8:30PM Lap Swim (8 lanes)	8:00-8:30PM Lap Swim (8 lanes)	8:00-8:30PM Lap Swim (8 lanes)	8:00-8:30PM Lap Swim (8 lanes)		
Pool Closes at 8:30PM	Pool Closes at 8:30PM	Pool Closes at 8:30PM	Pool Closes at 8:30PM	Pool Closes at 8:30PM		

IMPORTANT INFORMATION:
Aquatic Classes are in BOLD
Birthday Parties:
 Intermittent on Saturday and Sundays from 12:00-4:30pm.
 Updated: 06/23/2017
Effective: 6/23/2017-07/16/2017
Lap Swim - Swimmers must swim full pool lengths continuously. "Circle Swimming" rules apply when two or more swimmers share a lane. Please allow faster swimmers to pass when necessary.
 For updates, visit www.indianvalleyfamilyYMCA.org or like us on Facebook!

Summer pool hours from May 30 - Sept. 3, 2017.

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
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INDIAN VALLEY FAMILY YMCA AQUATICS SCHEDULE - WARM WATER POOL

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Summer 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:30-8:00AM Open Swim	7:30-8:00AM Open Swim	7:30-8:00AM Open Swim	7:30-8:00AM Open Swim	7:30-8:00AM Open Swim	7:30-8:20AM Open Swim	9:00-10:00AM Open Swim
8:00-9:30AM Open Swim Swim Lessons	8:00-9:30AM Open Swim Swim Lessons	8:00-9:30AM Open Swim 1'-3" Side Only Aquat Strech Class 8:30-9:30am	8:00-9:30AM Open Swim Swim Lessons	8:00-9:30AM Open Swim Swim Lessons	8:20-12:00pm No Open Swim Swim Lessons	10:00AM-1:00PM Open Swim
9:30-11:30AM Swim Lessons Water Walking	9:30-11:30AM Water Walking 3" Side Swim Lessons	Aquat Strech Class 9:30am-10:15am Swim Lessons	9:30-11:30AM Water Walking 3" Side / Swim Lessons AQUA ARTHRITIS 9:45-10:30AM	9:30-11:30AM Open Swim Swim Lessons	12:00-1:00PM Open Swim Birthday Parties	1:00-3:30PM Open Swim Birthday Parties Pool Closes at 3:30pm
11:30AM-4:30PM Open Swim	11:30AM-4:30PM Open Swim	11:30AM-4:30PM Open Swim	11:30AM-4:30PM Open Swim	11:30AM-4:30PM Open Swim	1:00-4:30PM Open Swim Birthday Parties Pool Closes at 4:30pm	
4:30-7:30PM Open SWIM Swim Lessons	4:30-7:30PM Open SWIM Swim Lessons	4:30-7:30PM Open SWIM Swim Lessons	4:30-7:30PM Open SWIM Swim Lessons	4:30-7:30PM Open SWIM Swim Lessons		
7:30-8:30PM OPEN SWIM Pool Closes at 8:30PM	7:30-8:30PM OPEN SWIM Water Exercise (lap lane sides) (7:30pm-8:15pm) Pool Closes at 8:30PM	7:30-8:30PM OPEN SWIM Pool Closes at 8:30PM	7:30-8:30PM OPEN SWIM Pool Closes at 8:30PM	7:30-8:30PM OPEN SWIM Pool Closes at 8:30PM		

IMPORTANT INFORMATION:
Schedule updated - 06/23/017
Schedule effective - 06/23/2017

ECHN will be using the pool at various times and days.
For updates, visit www.indianvalleyYMCA.org or like us on Facebook!

Free Swim Information-
There is **NO** Free Swim on Saturday's from 8:20am-12:00pm
All non-swimmers must be within arms reach of parent.

Follow all the rules of the Lifeguards
Be Courteous of other member's
**** Camp Indian Valley uses the WWP from 10:30am to 3:15pm Monday through Friday.