



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)		
5:00pm-6:30PM Swim Team (6 Lanes) Lap Swim (2 Lanes)	5:00pm-7:45PM Lap Swim (8 Lanes)	5:00pm-6:30PM Swim Team (6 Lanes) Lap Swim (2 Lanes)	5:00pm-7:45PM Lap Swim (8 Lanes)	5:00pm-6:30PM Swim Team (6 Lanes) Lap Swim (2 Lanes)		
6:30PM-8:30PM Lap Swim (8 Lanes)	7:45PM-8:00PM Lap Swim (8 Lanes)	6:30PM-8:30PM Lap Swim (8 Lanes)	7:45PM-8:00PM Lap Swim (8 Lanes)	6:30PM-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:**

Intermittant on Saturday and Sundays from 1:00-4:30pm.

Updated: 07/31/2017

Effective: 7/31/2017-08/27/2017

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!

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Summer Hours end September 3, 2017
Pool Closed for cleaning 8/27/2017-09/02/2017



INDIAN VALLEY FAMILY YMCA AQUATICS SCHEDULE - WARM WATER POOL

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

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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	8:00-9:30AM Open Swim	8:00-9:30AM Open Swim 1'-3" Side Only Aquat Strech Class 8:30-9:30am	8:00-9:30AM Open Swim	8:00-9:30AM Open Swim Swim Lessons (8:50am-11:00am)	8:20-12:00pm Swim Lessons NO OPEN SWIM	10:00AM-1:00PM OPEN SWIM
9:30-11:30AM Swim Lessons Water Walking 3" Side	9:30-11:30AM Water Walking 3" Side	9:30-11:30AM Swim Lessons 3" Side AQUA STRETCH 9:30am-10:15am	9:30-11:30AM Water Walking 3" Side AQUA ARTHRITIS 9:45-10:30AM	9:30-11:30AM Swim Lessons 3" side	12:00-1:00PM OPEN SWIM - 1' to 3' SIDE	1:00-3:30PM Open Swim BIRTHDAY PARTIES Pool Closes at 3:30pm
11:30AM-4:30PM Open Swim 1'-3" side Swimming Lessons 3" Side	11:30AM-4:30PM Open Swim	11:30AM-4:30PM Open Swim 1'-3" side Swimming Lessons 3" Side	11:30AM-4:30PM Open Swim	11:30AM-4:30PM Open Swim 1'-3" side Swimming Lessons 3" Side	1:00-4:30PM Open Swim BIRTHDAY PARTIES Pool Closes at 4:30pm	
4:30-7:30PM SWIM LESSONS Open SWIM Shallow Side	4:30-7:30PM SWIM LESSONS Open SWIM Shallow Side	4:30-7:30PM SWIM LESSONS Open SWIM Shallow Side	4:30-7:30PM SWIM LESSONS Open SWIM Shallow Side	4:30-7:30PM SWIM LESSONS Open SWIM Shallow Side		
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		Pool Closed for cleaning on 8/20/2017-8/25/2017

IMPORTANT INFORMATION:

Schedule updated - 07/33/017

Schedule effective - 07/31/2017-8/27/2017

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

Due to swimming lessons from 9:30am -11:30am and 4:30-7:30pm free swim will be limited to the Ramp side of the pool (1'-3")

Follow all the rules of the Lifeguards
Be Courteous of other member's