



# 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) <b>Water Exercise (4 lanes)</b> (8:00AM-8:45AM)	10:00AM-11:00AM Lap Swim (5 lanes) <b>AQUA ZUMBA (3 lanes)</b> (10:00AM-10:45AM)
9:30-10:30AM Lap Swim (3 lanes) <b>Water Exercise (5 lanes)</b>	9:30-10:30AM Lap Swim (3 lanes) <b>Water Exercise (5 lanes)</b>	9:30-10:30AM Lap Swim (8 lanes)	9:30-10:30AM Lap Swim (3 lanes) <b>Water Exercise (5 lanes)</b>	9:30-10:30AM Lap Swim (3 lanes) <b>Water Exercise (5 lanes)</b>	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	
3:00-6:00PM Lap Swim (8 Lanes)	3:00-6:00PM Lap Swim (8 Lanes)	3:00-6:00PM Lap Swim (8 Lanes)	3:00-6:00PM Lap Swim (8 Lanes)	3:00-6:00PM Lap Swim (8 Lanes)		
6:00-8:00PM Swim Team (4 Lanes) Lap Swim (4 Lanes)	6:00-8:00PM Swim Team (4 Lanes) Lap Swim (4 Lanes)	6:00-8:00PM Swim Team (4 Lanes) Lap Swim (4 Lanes)	6:00-8:00PM Swim Team (4 Lanes) Lap Swim (4 Lanes)	6:00-8:00PM 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)		
<b>Pool Closes at 8:30PM</b>	<b>Pool Closes at 8:30PM</b>	<b>Pool Closes at 8:30PM</b>	<b>Pool Closes at 8:30PM</b>	<b>Pool Closes at 8:30PM</b>		

**IMPORTANT INFORMATION:**  
**Aquatic Classes are in BOLD**  
**Birthday Parties:**  
 Intermittent on Saturday and Sundays from 12:00-4:30pm.  
 Updated: 07/14/2017  
**Effective: 7/17/2017-07/30/2017**  
**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.

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 <b>Aquat Strech Class</b> 8:30-9:30am	8:00-9:30AM Open Swim Swim Lessons	8:00-9:30AM Open Swim Swim Lessons	8:20-12:00pm <b>No Open Swim</b> 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	<b>Aquat Strech Class</b> 9:30am-10:15am Swim Lessons	9:30-11:30AM Water Walking 3" Side / Swim Lessons	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 <b>Pool Closes at 4:30pm</b>	
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  <b>Pool Closes at 8:30PM</b>	7:30-8:30PM OPEN SWIM Water Exercise (lap lane sides) (7:30pm-8:15pm) <b>Pool Closes at 8:30PM</b>	7:30-8:30PM OPEN SWIM  <b>Pool Closes at 8:30PM</b>	7:30-8:30PM OPEN SWIM  <b>Pool Closes at 8:30PM</b>	7:30-8:30PM OPEN SWIM  <b>Pool Closes at 8:30PM</b>		

**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](http://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.