



# INDIAN VALLEY FAMILY YMCA AQUATICS SCHEDULE - LAP POOL

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

860 871 0008

www.indianvalleyfamilyYMCA.org

Fall 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>AQUA ZUMBA(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</b> (5 lanes)	9:30-10:30AM Lap Swim (3 lanes) <b>Water Exercise</b> (5 lanes)	9:30-10:30AM Lap Swim (8 lanes)	9:30-10:30AM Lap Swim (3 lanes) <b>Water Exercise</b> (5 lanes)	9:30-10:30AM Lap Swim (3 lanes) <b>Water Exercise</b> (5 lanes)	9:00AM-12:00PM Lap Swim (5 lanes) Swim Lessons (3 lanes)	11:00am-5:00pm Lap Swim (6 lanes) Swim Lessons (2 lanes)  <b>Pool Closes at 5:00PM</b>
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)	12:00-6:00PM Lap Swim (8 lanes)	
3:00-4:30PM Pool Rental (4 Lanes) Lap Swim (4 Lanes)	3:00-4:30PM Pool Rental (4 Lanes) Lap Swim (4 Lanes)	3:00-4:30PM Pool Rental (4 Lanes) Lap Swim (4 Lanes)	3:00-4:30PM Pool Rental (4 Lanes) Lap Swim (4 Lanes)	3:00-4:30PM Pool Rental (4 Lanes) Lap Swim (4 Lanes)	<b>Pool Closes at 6:00PM</b>	
4:30-5:30PM Swim Team (8 Lanes) <b>NO OPEN SWIM</b>	4:30-5:30PM Lap Swim (1 Lane) Swim Team (7 Lanes)	4:30-5:30PM Swim Team (8 Lanes) <b>NO OPEN SWIM</b>	4:30-5:30PM Lap Swim (1 Lane) Swim Team (7 Lanes)	4:30-5:30PM Swim Team (8 Lanes) <b>NO OPEN SWIM</b>		
5:30-6:45PM Swim Team (7 Lanes) Lap Swim (1 Lane)	5:30-6:45PM Swim Team (7 Lanes) Lap Swim (1 Lane)	5:30-6:45PM Swim Team (7 Lanes) Lap Swim (1 Lane)	5:30-6:45PM Swim Team (7 Lanes) Lap Swim (1 Lane)	5:30-6:45PM Swim Team (7 Lanes) Lap Swim (1 Lane)		
6:45-8:15PM Swim Team (8 Lanes) <b>NO OPEN SWIM</b>	6:45-8:15PM Swim Team (8 Lanes) <b>NO OPEN SWIM</b>	6:45-8:15PM Swim Team (8 Lanes) <b>NO OPEN SWIM</b>	6:45-8:15PM Swim Team (8 Lanes) <b>NO OPEN SWIM</b>	6:45-8:15PM Swim Team (8 Lanes) <b>NO OPEN SWIM</b>		
8:15-8:45PM Lap Swim (2 Lanes) Swim Team (6 Lanes)	8:15-8:45PM Lap Swim (2 Lanes) Swim Team (6 Lanes)	8:15-8:45PM Lap Swim (2 Lanes) Swim Team (6 Lanes)	8:15-8:45PM Lap Swim (2 Lanes) Swim Team (6 Lanes)	8:15-8:45PM Lap Swim (2 Lanes) Swim Team (6 Lanes)		
8:45-9:30PM Lap Swim (8 Lanes)	8:45-9:30PM Lap Swim (8 Lanes)	8:45-9:30PM Lap Swim (8 Lanes)	8:45-9:30PM Lap Swim (8 Lanes)	8:45-9:30PM Lap Swim (8 Lanes)		
<b>Pool Closes at 9:30PM</b>	<b>Pool Closes at 9:30PM</b>	<b>Pool Closes at 9:30PM</b>	<b>Pool Closes at 9:30PM</b>	<b>Pool Closes at 9:30PM</b>		

**IMPORTANT INFORMATION:**  
**Aquatic Classes are in BOLD**  
**Birthday Parties:**  
 Intermittent on Saturday and Sundays from 12:00-4:30pm.  
 Updated: 09/13/2017  
**Effective: 9/18/2017-12/31/2017**  
**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](http://www.indianvalleyfamilyYMCA.org) or like us on Facebook!

Home Swim Meets: October 14 & January 13, 2018. The Lap pool will be

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# INDIAN VALLEY FAMILY YMCA AQUATICS SCHEDULE - WARM WATER POOL

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Fall 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 <b>Aquat Strech Class</b> 8:30-9:30am	8:00-9:30AM Open Swim	8:00-9:30AM Swim Lessons Water Walking 3" Side	8:20-12:00pm Swim Lessons <b>NO OPEN SWIM</b>	10:00AM-1:00PM OPEN SWIM
9:30-11:30AM Swim Lessons Water Walking 3" Side	9:30-11:30AM Water Walking 3" Side <b>AQUA ARTHRITIS</b> 9:45-10:30AM	9:30-11:30AM Swim Lessons 3" Side <b>AQUA STRETCH</b> 8:30am-10:15am	9:30-11:30AM Water Walking 3" Side Swim Lessons	9:30-11:30AM Swim Lessons Water Walking 3" Side	12:00-1:00PM Open Swim BIRTHDAY PARTIES	1:00-4:00PM Open Swim BIRTHDAY PARTIES
11:30AM-4:30PM Open Swim Water Walking 3" Side	11:30AM-4:30PM Open Swim Water Walking 3" Side	11:30AM-4:30PM Open Swim Water Walking 3" Side	11:30AM-4:30PM Open Swim Water Walking 3" Side	11:30AM-4:30PM Open Swim Water Walking 3" Side	1:00-6:00PM Open Swim BIRTHDAY PARTIES	4:00-5:00PM Open Swim
4:30-7:30PM PRIVATE\ GROUP SWIM LESSONS Open Swim- Limited (see staff for open areas)	4:30-7:30PM PRIVATE\ GROUP SWIM LESSONS Open Swim- Limited (see staff for open areas)	4:30-7:30PM PRIVATE\ GROUP SWIM LESSONS Open Swim- Limited (see staff for open areas)	4:30-7:30PM PRIVATE\ GROUP SWIM LESSONS Open Swim- Limited (see staff for open areas)	4:30-7:30PM PRIVATE\ GROUP SWIM LESSONS Open Swim- Limited (see staff for open areas)	Pool Closes at 6:00pm	Pool Closes at 5:00pm
7:30-9:00PM OPEN SWIM  Pool Closes at 9:00PM	7:30-9:00PM OPEN SWIM <b>Water Exercise</b> (7:30pm-8:15pm) Pool Closes at 9:00PM	7:30-9:00PM OPEN SWIM  Pool Closes at 9:00PM	7:30-9:00PM OPEN SWIM  Pool Closes at 9:00PM	7:30-9:00PM OPEN SWIM  Pool Closes at 9:00PM		

**Swimming Lessons Session**  
Dates:  
Fall 1- Sept. 11th- Oct. 29th  
Fall 2- Oct. 30th- Dec.17th

**IMPORTANT INFORMATION:**

Schedule updated - 09/01/2017  
Schedule effective - 09/02/2017-12/31/2017

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**  
**Due to swimming lessons from 9:30am -11:30am and 4:30-7:50pm free swim will be limited, ask the lifeguard for open areas.**

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