



INDIAN VALLEY FAMILY YMCA AQUATICS SCHEDULE - LAP POOL

FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

860 871 0008

www.indianvalleyfamilyYMCA.org

Spring 2018

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) AQUA ZUMBA(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)	12:00-5:30PM 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)	Pool Closes at 5:30PM	
4:30-5:30PM Swim Team (7 Lanes) Lap Swim (1 lane)	4:30-5:30PM Swim Team (7 Lanes) Lap Swim (1 lane)	4:30-5:30PM Swim Team (7 Lanes) Lap Swim (1 lane)	4:30-5:30PM Swim Team (7 Lanes) Lap Swim (1 lane)	4:30-5:30PM Swim Team (7 Lanes) Lap Swim (1 lane)		
5:30-7:30PM Swim Team (7 Lanes) Lap Swim (1 Lane)	5:30-7:30PM Swim Team (7 Lanes) Lap Swim (1 Lane)	5:30-7:30PM Swim Team (7 Lanes) Lap Swim (1 Lane)	5:30-7:30PM Swim Team (7 Lanes) Lap Swim (1 Lane)	5:30-7:30PM Swim Team (7 Lanes) Lap Swim (1 Lane)		
7:30-8:30PM Swim Team (7 Lanes) Lap Swim (1 Lane)	7:30-8:30PM Swim Team (7 Lanes) Lap Swim (1 Lane)	7:30-8:30PM Swim Team (7 Lanes) Lap Swim (1 Lane)	7:30-8:30PM Swim Team (7 Lanes) Lap Swim (1 Lane)	7:30-8:30PM Swim Team (7 Lanes) Lap Swim (1 Lane)		
Pool Closes at 8:30PM	Pool Closes at 8:30PM	Pool Closes at 8:30PM	Pool Closes at 8:30PM	Pool Closes at 7:30PM		

IMPORTANT INFORMATION:
Aquatic Classes are in BOLD
Birthday Parties:
 Intermittent on Saturday and Sundays from 12:00-4:30pm.
 Updated: 04/02/2018
Effective: 04/09/2018-06/20/2018
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



INDIAN VALLEY FAMILY YMCA AQUATICS SCHEDULE - WARM WATER POOL

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Spring 2018

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 Swim Lessons Water Walking 3" Side	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 AQUA ARTHRITIS 10:30-11:15AM	9:30-11:30AM Swim Lessons 3" Side AQUA STRETCH 8:30am-10:15am	9:30-11:30AM Water Walking 3"side Swim Lessons AQUA ARTHRITIS 10:30-11:15AM	9:30-11:30AM Swim Lessons Water Walking 3" Side	12:00-1:00PM Open Swim BIRTHDAY PARTIES	1:00-3:30PM 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	1:00-5:30PM Open Swim BIRTHDAY PARTIES	
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 5:30pm	Pool Closes at 3:30pm
7:30-8:30PM OPEN SWIM Pool Closes at 8:30PM	7:30-8:30PM OPEN SWIM Water Exercise (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 7:30PM		

Swimming Lessons Session
Dates:
Spring 2
April 23- June 10, 2018

IMPORTANT INFORMATION:
Schedule updated - 04/06/2018
Schedule effective - 04/09/2018- 04/20/2018

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 4:30-7:50pm free swim will be limited, ask the lifeguard for open areas.

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