



INDIAN VALLEY FAMILY YMCA AQUATICS SCHEDULE - LAP POOL

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

860 871 0008

www.indianvalleyfamilyYMCA.org

Winter 2019

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 Exericse (5 lanes)	9:30-10:30AM Lap Swim (3 lanes) Water Exericse (5 lanes)	9:30-10:30AM Lap Swim (8 lanes)	9:30-10:30AM Lap Swim (3 lanes) Water Exericse (5 lanes)	9:30-10:30AM Lap Swim (3 lanes) Water Exericse (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 (lanes 1-7) Lap Swim (Lane 8)	4:30-5:30PM Swim Team (lane 1-7) Lap Swim (Lane 8)	4:30-5:30PM Swim Team (lane 1-7) Lap Swim (Lane 8)	4:30-5:30PM Swim Team (lane 1-7) Lap Swim (Lane 8)	4:30-5:30PM Swim Team (lane 1-7) Lap Swim (Lane 8)		
5:30-7:30PM Swim Team (lanes 1-7) Lap Swim (Lane 8)	5:30-7:30PM Swim Team (lanes 1-7) Lap Swim (8 Lane)	5:30-7:30PM Swim Team (lanes 1-7) Lap Swim (8 Lane)	5:30-7:30PM Swim Team (lanes 1-7) Lap Swim (8 Lane)	5:30-7:30PM Swim Team (lanes 1-7) Lap Swim (8 Lane)		
7:30-8:30PM Lap Swim (8 Lanes)	7:30-8:30PM Lap Swim (8 Lanes)	7:30-8:30PM Lap Swim (8 Lanes)	7:30-8:30PM Lap Swim (8 Lanes)	7:30-8:30PM 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 7:30PM		

IMPORTANT INFORMATION:
Aquatic Classes are in BOLD
Birthday Parties:
 Intermittent on Friday 5:30-7:30pm, Saturday and Sundays from 12:30-3:30pm.
 Updated: 12/06/2018
Effective: 01/02/2019-03/31/2019
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!

Pool Closed on January 12, 2019 from Noon-5:30pm.

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



INDIAN VALLEY FAMILY YMCA AQUATICS SCHEDULE – WARM WATER POOL

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

860 871 0008

www.indianvalleyfamilyYMCA.org

Winter 2019

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	8:00-9:30AM Swim Lessons Water Walking 3" Side	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
Water Walking 3" Side	Water Walking 3" Side					
9:30-11:30AM Swim Lessons Water Walking 3" Side	9:30-11:30AM Water Walking 3" Side Open Swim	9:30-11:30AM Swim Lessons 3" Side	9:30AM-11:30am Open Swim Water Walking 3" Side	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 Water Exercise @ 7:30pm	7:30-8:30PM OPEN SWIM	7:30-8:30PM OPEN SWIM	7:30-8:30PM OPEN SWIM			
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		

Winter Swim Lessons
01/07/2019-02/24/2019
Spring One Swim Lessons
02/25/2019-04/14/2019
Spring Two Swim Lessons

IMPORTANT INFORMATION:
Schedule updated - 12/06/2018
Schedule effective - 01/02/2019-03/31/2019
Home Swim Meet: January 12, 2019- Lap pool will be closed from Noon-Close.
Note: private lessons may be asked to share with other group swim lessons at anytime.

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