

INDIAN VALLEY FAMILY YMCA AQUATICS SCHEDULE - LAP POOL

860 871 0008

www.indianvalleyfamilyYMCA.org

Summer 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 Exercise (5 lanes)	9:30-10:30AM Lap Swim (8 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)
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)	Pool Closes at 2:30PM
3:00-4:30PM Lap Swim (8 Lanes)	3:00-4:30PM Lap Swim (8 Lanes)	3:00-4:30PM Lap Swim (8 Lanes)	3:00-4:30PM Lap Swim (8 Lanes)	3:00-4:30PM Lap Swim (8 Lanes)	Pool Closes at 4:30PM	
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)	5:30-7:45PM Swim Team (lanes 1-7) Lap Swim (8 Lane) Private/Swim Lessons Lane 7 at 6:30p	5:30-7:30PM Swim Team (lanes 1-7) Lap Swim (8 Lane)	5:30-7:45PM 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)	7:45-8:30PM Lap Swim (8 Lanes)	7:30-8:30PM Lap Swim (8 Lanes)	7:45-8:30PM 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, Saturday and Sundays from 12:30-2:30pm.
 Updated: 06/10/19
 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!

INDIAN VALLEY FAMILY YMCA AQUATICS SCHEDULE - WARM WATER POOL

860 871 0008

www.indianvalleyfamilyYMCA.org

Summer 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 Water Walking - Right Lane	8:00-9:30AM Open Swim Aqua Stretch Class 8:15 - 9:00	8:00-9:30AM Open Swim Water Waling - Right Lane	8:00-9:30AM Open Swim Water Walking-Right Lane	8:00-9:30AM Open Swim Water Walking -Right Lane	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 Swim Lessons ★ Aqua Stretch 9:30 - 10:15 Open Swim	9:30-11:30AM Swim Lessons ★ Water Walking 3" Side	9:30AM-11:30am Swim Lessons ★ Water Walking 3" Side	9:30-11:30AM 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 - Right Lane	11:30AM-4:30PM Open Swim Water Walking - Right Lane	11:30AM-4:30PM Open Swim Water Walking - Right Lane	11:30AM-4:30PM Open Swim Water Walking - Right lane	11:30AM-4:30PM Open Swim Water Walking - Right Lane	1:00-5:30PM Open Swim BIRTHDAY PARTIES Pool Closes at 4:30pm	 Pool Closes at 2:30pm
4:30-7:30PM PRIVATE\SWIM LESSONS ★ Open Swim- Limited (see staff for open areas)	4:30-7:30PM PRIVATE\SWIM LESSONS ★ Open Swim- Limited (see staff for open areas)	4:30-7:30PM PRIVATE\SWIM LESSONS ★ Open Swim- Limited (see staff for open areas)	4:30-7:30PM PRIVATE\SWIM LESSONS ★ Open Swim- Limited (see staff for open areas)	4:30-7:30PM PRIVATE SWIM LESSONS ★ Open Swim- Limited (see staff for open areas)		
7:30-8:30PM OPEN SWIM Water Exericse @ 7:30pm 3'2"-3'6" Section 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	7:30-8:30PM OPEN SWIM Pool Closes at 7:30PM		Summer One Swim Lessons 06/17/19 -07/21/19 Summer Two Swim Lessons 07/22/19 - 08/25/19

IMPORTANT INFORMATION:
Schedule updated - 06/10/19
Schedule effective - 06/17/19 - 08/25/19

Portions of the pool will be occupied by swim lessons and private swim lessons. ★

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.
The YMCA of Greater Hartford has instituted a new swimming test model with a new wristband-marking system at all of its swimming pools. It is called TEST.MARK.PROTECT. All children ages 16 years and younger will be provided a GREEN, YELLOW, or RED wristband based on their swimming ability from the membership desk when checking in.

Follow all the rules of the Lifeguards
Be courteous of other members