

# INDIAN VALLEY FAMILY YMCA AQUATICS SCHEDULE - LAP POOL

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www.indianvalleyfamilyYMCA.org

Fall 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) <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 (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)	9:30-10:30AM Lap Swim (3 lanes) <b>Water Exercise</b> (5 lanes)	9:00AM-12:00PM Lap Swim (5 lanes) Swim Lessons (3 lanes)	11:00am-3:30pm Lap Swim (6 lanes) Swim Lessons (2 lanes)  <b>Pool Closes at 3:30PM</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)	12:00-5:30PM 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)	3:00-4:30PM  Lap Swim (8 Lanes)	<b>Pool Closes at 5:30PM</b>	
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)	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 Aqua Zumba (3 Lanes) Lap Swim (5 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)			
<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 7:30PM</b>		

**IMPORTANT INFORMATION:**  
 Aquatic Classes are in BOLD  
 Birthday Parties:  
 Intermittent on, Saturday and Sundays from 12:30-2:30pm.  
 Updated: 09/01/19  
 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](http://www.indianvalleyfamilyYMCA.org) or like us on Facebook!