

INDIAN VALLEY FAMILY YMCA AQUATICS SCHEDULE - LAP POOL

860 871 0008

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) 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 (3 lanes) Water Exercise (5 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 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 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) | 5:30-7:45PM 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 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: 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 or like us on Facebook!

INDIAN VALLEY FAMILY YMCA AQUATICS SCHEDULE - WARM WATER POOL

860 871 0008


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Fall 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 Swim Lessons  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  Swim Lesson 8:50 - 9:20 Open Swim Water Walking -Right Lane | 8:20-12:00pm SWIM LESSONS NO OPEN SWIM | 10:00AM-1:00PM  Swim Lessons Open Swim |
| 9:30-11:30AM  Swim Lessons Water Walking 3" Side | 9:30-11:30AM Water Walking Aqua Stretch 9:30 -10:15 Open Swim | 9:30-11:30AM  Swim Lessons Water Walking 3" Side | 9:30AM-11:30am Open Swim Water Walking 3" Side | 9:30-11:30AM  Swim lessons 9:30 - 11:00 Water Walking 3" Side | 12:00-1:00PM Open Swim BIRTHDAY PARTIES | 1:00-3:30PM  Adult Swim Lessons 2-3 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 5:30pm | Pool Closes at 3:30pm |
| 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 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 | Pool Closes at 7:30PM | | Fall One Swim Lessons 09/09/19 -10/27/19 Fall Two Swim Lessons 10/28/2019-12/15/2019 |

IMPORTANT INFORMATION:

Schedule updated - 09/01/19
Schedule effective - 09/01/19 - 12/31/19

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