

AQUATICS SCHEDULE - LAP POOL



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



MONDAY

5:15-9:30 am
Lap Swim (8 lanes)

9:30 –10:30 am
Lap Swim (3 lanes)
Water Exercise
(5 lanes)

10:30 am- 4:30 pm
Lap Swim (8 lanes)

4:30 –7:30pm
Swim Team
(lanes 1-7)
Lap Swim –lane 8

7:30-8:30pm
Lap Swim (8 Lanes)
Pool Closes at 8:30pm

TUESDAY

5:15-9:30 am
Lap Swim (8 lanes)

9:30-10:30 am
Lap Swim (8 lanes)

10:30am-4:30pm
Lap Swim (8 lanes)

4:30 –7:45pm
Swim Team
(lanes 1-7)
Lap Swim –lane 8

7:45-8:30pm
Lap Swim (8 Lanes)
Pool Closes at 8:30pm

WEDNESDAY

5:15-9:30 am
Lap Swim (8 lanes)

9:30 –10:30 am
Lap Swim (3 lanes)
Water Exercise
(5 lanes)

10:30am –4:30pm
Lap Swim (8 lanes)

4:30 –7:30pm
Swim Team
(lanes 1-7)
Lap Swim –lane 8

7:30-8:30pm
Lap Swim (8 Lanes)
Pool Closes at 8:30pm

THURSDAY

5:15-9:30 am
Lap Swim (8 lanes)

9:30 –10:30 am
Lap Swim (3 lanes)
Water Exercise
(5 lanes)

10:30am-4:30pm
Lap Swim (8 lanes)

4:30 –7:45pm
Swim Team
(lanes 1-7)
Lap Swim –lane 8

7:45-8:30pm
Lap Swim (8 Lanes)
Pool Closes at 8:30pm

FRIDAY

5:15-9:30 am
Lap Swim (8 lanes)

9:30 –10:30 am
Lap Swim (3 lanes)
Water Exercise
(5 lanes)

10:30am-4:30pm
Lap Swim (8 lanes)

4:30 –7:30pm
Swim Team
(lanes 1-7)
Lap Swim –lane 8

Pool Closes at 7:30pm

SATURDAY

7:00-8:00am
Lap Swim (8 lanes)

8:00-9:00 am
Lap Swim (4 lanes)
Aqua Zumba
(4 lanes)

9:00am-12:00pm
Lap Swim (5 lanes)
Swim Lessons
(3 lanes)

12:00-5:30pm
Lap Swim (8 lanes)
Pool Closes at 5:30pm

SUNDAY

7:00– 9:00 am
Lap Pool Closed for Swim Team

9:00-10:00am
Aqua Zumba
(3 Lanes)

Lap Swim (5 lanes)
10:00-11:00am
Lap Swim (8 Lanes)

11:00am-12:00pm
Lap Swim (5 lanes)
Swim Lessons
(3 lanes)

12:00-3:30pm
Lap Swim (8 lanes)
Pool Closes at 3:30pm

IMPORTANT INFORMATION:

Aquatic Classes are in Bold .

Birthday parties: Intermittent on, Saturday and Sundays from 12:30– 2:30 pm

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.



Portions of the lap pool may be used for rentals/swim meets through out the year. Please see Aquatic’s staff more information.

For updates, visit www.indianvalleyfamilyYMCA.org or like us on Facebook

AQUATICS SCHEDULE - Warm Water Pool



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



MONDAY

7:30-9:30 am
Open Swim
Water Walking

9:30 –11:30am
Swim Lessons
Water Walking

11:30am-4:30pm
Open Swim
Water Walking

4:30 –7:05pm
Private/swim lesson
Open Swim-
Limited (see staff
for open areas)

7:05-8:30pm
Aqua Zumba
Open swim
**Pool Closes at
8:30pm**

TUESDAY

7:30-8:00 am
Open Swim
Water Walking

8:00 –10:15am
Aqua Stretch
Open Swim

10:15am –4:30pm
Open Swim
Water Walking

4:30-7:30pm
Private/Swim Lessons
Open Swim- Limited
(see staff for open
areas)

7:05-8:30pm
Open Swim
**Pool Closes at
8:30pm**

WEDNESDAY

7:30-9:30 am
Open Swim
Water Walking

9:30 –11:30am
Swim Lessons
Water Walking

11:30am-4:30pm
Open Swim
Water Walking

4:30 –7:05pm
Private/swim lesson
Open Swim-
Limited (see staff
for open areas)

7:05-8:30pm
Open swim
**Pool Closes at
8:30pm**

THURSDAY

7:30-9:30 am
Open Swim
Water Walking

9:30 –11:30am
Swim Lessons
Water Walking

11:30am-4:30pm
Open Swim
Water Walking

4:30 –7:05pm
Private/swim lesson
Open Swim-
Limited (see staff
for open areas)

7:05-8:30pm
Open swim
**Pool Closes at
8:30pm**

FRIDAY

7:30-9:30 am
Open Swim
Water Walking

9:30 –11:30am
Swim Lessons
Water Walking

11:30am-4:30pm
Open Swim
Water Walking

4:30 –6:30pm
Private/swim lesson
Open Swim-
Limited (see staff
for open areas)

6:30-7:30pm
Open swim
**Pool Closes at
7:30pm**

SATURDAY

7:30-8:20 am
Open Swim
Water Walking

8:20am –12:00pm
Swim Lessons
NO OPEN SWIM

12:00-3:30pm
Open Swim
Birthday Parties

3:30 –5:30pm
Open Swim
**Pool Closes at
5:30pm**

SUNDAY

9:00-11:00am
Swim Lessons
Open Swim

11:00am –3:30pm
Open Swim
Birthday Parties

**Pool Closes at
3:30pm**

Important information:

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.

Winter Swim Lessons:

01/06/20-02/16/20

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 4:30-7:05pm 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.