### AQUATICS SCHEDULE - LAP POOL

**MONDAY**
- 5:15 - 9:30 am
  - Lap Swim (8 lanes)
- 9:30 - 10:30 am
  - Lap Swim (8 lanes)
  - Water Exercise (5 lanes)
- 10:30 am - 4:30 pm
  - Lap Swim (8 lanes)
  - Swim Team (lanes 1-7)
  - Lap Swim - lane 8
- 4:30 - 7:30 pm
  - Lap Swim (8 lanes)
  - Pool Closes at 8:30 pm

**TUESDAY**
- 5:15 - 9:30 am
  - Lap Swim (8 lanes)
- 9:30 - 10:30 am
  - Lap Swim (8 lanes)
  - Water Exercise (5 lanes)
- 10:30 am - 4:30 pm
  - Lap Swim (8 lanes)
- 4:30 - 7:30 pm
  - Swim Team (lanes 1-7)
  - Lap Swim - lane 8
- 7:30 - 8:30 pm
  - Lap Swim (8 lanes)
  - Pool Closes at 8:30 pm

**WEDNESDAY**
- 5:15 - 9:30 am
  - Lap Swim (8 lanes)
- 9:30 - 10:30 am
  - Lap Swim (8 lanes)
  - Water Exercise (5 lanes)
- 10:30 am - 4:30 pm
  - Lap Swim (8 lanes)
- 4:30 - 7:30 pm
  - Swim Team (lanes 1-7)
  - Lap Swim - lane 8
- 7:30 - 8:30 pm
  - Lap Swim (8 lanes)
  - Pool Closes at 8:30 pm

**THURSDAY**
- 5:15 - 9:30 am
  - Lap Swim (8 lanes)
- 9:30 - 10:30 am
  - Lap Swim (8 lanes)
  - Water Exercise (5 lanes)
- 10:30 am - 4:30 pm
  - Lap Swim (8 lanes)
- 4:30 - 7:30 pm
  - Swim Team (lanes 1-7)
  - Lap Swim - lane 8
- 7:30 - 8:30 pm
  - Lap Swim (8 lanes)
  - Pool Closes at 8:30 pm

**FRIDAY**
- 5:15 - 9:30 am
  - Lap Swim (8 lanes)
- 9:30 - 10:30 am
  - Lap Swim (8 lanes)
  - Water Exercise (5 lanes)
- 10:30 am - 4:30 pm
  - Lap Swim (8 lanes)
- 4:30 - 7:30 pm
  - Swim Team (lanes 1-7)
  - Lap Swim - lane 8
- 7:30 - 8:30 pm
  - Lap Swim (8 lanes)
  - Pool Closes at 7:30 pm

**SATURDAY**
- 7:00 - 8:00 am
  - Lap Swim (8 lanes)
- 8:00 - 9:00 am
  - Lap Swim (4 lanes)
  - Aqua Zumba (4 lanes)
- 9:00 am - 12:00 pm
  - Lap Swim (5 lanes)
  - Swim Lessons (3 lanes)
- 12:00 - 5:30 pm
  - Lap Swim (8 lanes)
  - Pool Closes at 5:30 pm

**SUNDAY**
- 7:00 - 9:00 am
  - Lap Pool Closed for Swim Team
- 9:00 - 10:00 am
  - Aqua Zumba (3 lanes)
  - Lap Swim (5 lanes)
- 10:00 - 11:00 am
  - Lap Swim (8 lanes)
- 11:00 am - 12:00 pm
  - Lap Swim (5 lanes)
  - Swim Lessons (3 lanes)
- 12:00 - 3:30 pm
  - Lap Swim (8 lanes)
  - Pool Closes at 3:30 pm

### 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.

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

For updates, visit www.indianvalleyfamilyYMCA.org or like us on Facebook
# AQUATICS SCHEDULE – Warm Water Pool

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## 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.

### Spring Swim Lessons:

02/24/20-04/06/20

## 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.