



INDIAN VALLEY FAMILY YMCA AQUATICS SCHEDULE - LAP POOL

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

860 871 0008

www.indianvalleyfamilyYMCA.org

Fall 2018

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 Exericse (5 lanes)	9:30-10:30AM Lap Swim (3 lanes) Water Exericse (5 lanes)	9:30-10:30AM Lap Swim (8 lanes)	9:30-10:30AM Lap Swim (3 lanes) Water Exericse (5 lanes)	9:30-10:30AM Lap Swim (3 lanes) Water Exericse (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 Pool Rental (4 Lanes) Lap Swim (4 Lanes)	3:00-4:30PM Pool Rental (4 Lanes) Lap Swim (4 Lanes)	3:00-4:30PM Pool Rental (4 Lanes) Lap Swim (4 Lanes)	3:00-4:30PM Pool Rental (4 Lanes) Lap Swim (4 Lanes)	3:00-4:30PM Pool Rental (4 Lanes) Lap Swim (4 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)	5:30-7:30PM Swim Team (lanes 1-7) Lap Swim (8 Lane)	5:30-7:30PM Swim Team (lanes 1-7) Lap Swim (8 Lane)	5:30-7:30PM 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)	7:30-8:30PM Lap Swim (8 Lanes)	7:30-8:30PM Lap Swim (8 Lanes)	7:30-8:30PM Lap Swim (8 Lanes)	7:30-8:30PM 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 Friday 5:30-7:30pm, Saturday and Sundays from 12:30-3:30pm.
 Updated: 09/04/2018
Effective: 09/04/2018-12/31/2018
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!

FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
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INDIAN VALLEY FAMILY YMCA AQUATICS SCHEDULE - WARM WATER POOL

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Fall 2018

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	8:00-9:30AM Open Swim	8:00-9:30AM Open Swim 1'-3" Side Only Aquat Strech Class 8:30-9:30am	8:00-9:30AM Swim Lessons Water Walking 3" Side	8:00-9:30AM Swim Lessons Water Walking 3" Side	8:20-12:00pm Swim Lessons NO OPEN SWIM Water Walking 3" Side	10:00AM-1:00PM OPEN SWIM
Water Walking 3" Side	Water Walking 3" Side	9:30-11:30AM Swim Lessons 3" Side AQUA STRETCH 10:00-10:45am	9:30AM-11:30am Open Swim Water Walking 3" Side	9:30-11:30AM Swim Lessons Water Walking 3" Side	12:00-1:00PM Open Swim BIRTHDAY PARTIES	1:00-3:30PM Open Swim BIRTHDAY PARTIES
9:30-11:30AM Swim Lessons Water Walking 3" Side	9:30-11:30AM Water Walking 3" Side Open Swim	11:30AM-4:30PM Open Swim Water Walking 3" Side	11:30AM-4:30PM Open Swim Water Walking 3" Side	11:30AM-4:30PM Open Swim Water Walking 3" Side	1:00-5:30PM Open Swim BIRTHDAY PARTIES	
11:30AM-4:30PM Open Swim Water Walking 3" Side	11:30AM-4:30PM Open Swim Water Walking 3" Side				Pool Closes at 5:30pm	Pool Closes at 3:30pm
4:30-7:30PM PRIVATE\ GROUP SWIM LESSONS Open Swim- Limited (see staff for open areas)	4:30-7:30PM PRIVATE\ GROUP SWIM LESSONS Open Swim- Limited (see staff for open areas)	4:30-7:30PM PRIVATE\ GROUP SWIM LESSONS Open Swim- Limited (see staff for open areas)	4:30-7:30PM PRIVATE\ GROUP SWIM LESSONS Open Swim- Limited (see staff for open areas)	4:30-7:30PM PRIVATE\ GROUP SWIM LESSONS Open Swim- Limited (see staff for open areas)		
7:30-8:30PM OPEN SWIM	7:30-8:30PM OPEN SWIM	7:30-8:30PM OPEN SWIM	7:30-8:30PM OPEN SWIM			Fall Swim Lesssons start 9.10.2018-12.16.2018
Water Exericse @ 7:30pm	Water Exericse @ 7:30pm					
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:

Schedule updated - 09/04/2018
Schedule effective - 09/04/2018- 12/31/2018

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 4:30-7:30pm free swim will be limited, ask the lifeguard for open areas.

Follow all the rules of the Lifeguards
Be courteous of other member's