



INDIAN VALLEY FAMILY YMCA AQUATICS SCHEDULE - LAP POOL

FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

860 871 0008

www.indianvalleyfamilyYMCA.org

Winter 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 Exercise (5 lanes)	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)	9:00AM-12:00PM Lap Swim (5 lanes) Swim Lessons (3 lanes)	11:00am-5:00pm Lap Swim (6 lanes) Swim Lessons (2 lanes) Pool Closes at 5:00PM
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)	12:00-6:00PM 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 6:00PM	
4:30-5:30PM Swim Team (8 Lanes) NO OPEN SWIM	4:30-5:30PM Lap Swim (1 Lane) Swim Team (7 Lanes)	4:30-5:30PM Swim Team (8 Lanes) NO OPEN SWIM	4:30-5:30PM Lap Swim (1 Lane) Swim Team (7 Lanes)	4:30-5:30PM Swim Team (8 Lanes) NO OPEN SWIM		
5:30-6:45PM Swim Team (7 Lanes) Lap Swim (1 Lane)	5:30-6:45PM Swim Team (7 Lanes) Lap Swim (1 Lane)	5:30-6:45PM Swim Team (7 Lanes) Lap Swim (1 Lane)	5:30-6:45PM Swim Team (7 Lanes) Lap Swim (1 Lane)	5:30-6:45PM Swim Team (7 Lanes) Lap Swim (1 Lane)		
6:45-8:15PM Swim Team (8 Lanes) NO OPEN SWIM	6:45-8:15PM Swim Team (8 Lanes) NO OPEN SWIM	6:45-8:15PM Swim Team (8 Lanes) NO OPEN SWIM	6:45-8:15PM Swim Team (8 Lanes) NO OPEN SWIM	6:45-8:15PM Swim Team (8 Lanes) NO OPEN SWIM		
8:15-8:45PM Lap Swim (2 Lanes) Swim Team (6 Lanes)	8:15-8:45PM Lap Swim (2 Lanes) Swim Team (6 Lanes)	8:15-8:45PM Lap Swim (2 Lanes) Swim Team (6 Lanes)	8:15-8:45PM Lap Swim (2 Lanes) Swim Team (6 Lanes)	8:15-8:45PM Lap Swim (2 Lanes) Swim Team (6 Lanes)		
8:45-9:30PM Lap Swim (8 Lanes)	8:45-9:30PM Lap Swim (8 Lanes)	8:45-9:30PM Lap Swim (8 Lanes)	8:45-9:30PM Lap Swim (8 Lanes)	8:45-9:30PM Lap Swim (8 Lanes)		
Pool Closes at 9:30PM	Pool Closes at 9:30PM	Pool Closes at 9:30PM	Pool Closes at 9:30PM	Pool Closes at 9:30PM		

IMPORTANT INFORMATION:
Aquatic Classes are in BOLD
Birthday Parties:
 Intermittent on Saturday and Sundays from 12:00-4:30pm.
 Updated: 01/02/2018
Effective: 01/02/2018-02/25/2018
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!

Home Swim Meets: January 13, 2018.
 The Lap pool will be closed at NOON on meet days.

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Winter 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 Open Swim	8:00-9:30AM Swim Lessons Water Walking 3" Side	8:20-12:00pm Swim Lessons NO OPEN SWIM	10:00AM-1:00PM OPEN SWIM
9:30-11:30AM Swim Lessons Water Walking 3" Side	9:30-11:30AM Water Walking 3" Side AQUA ARTHRITIS 10:30-11:15AM	9:30-11:30AM Swim Lessons 3" Side AQUA STRETCH 8:30am-10:15am	9:30-11:30AM Water Walking 3'side Swim Lessons AQUA ARTHRITIS 10:30-11:15AM	9:30-11:30AM Swim Lessons Water Walking 3" Side	12:00-1:00PM Open Swim BIRTHDAY PARTIES	1:00-4:00PM Open Swim BIRTHDAY PARTIES
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	11:30AM-4:30PM Open Swim Water Walking 3" Side	11:30AM-4:30PM Open Swim Water Walking 3" Side	1:00-6:00PM Open Swim BIRTHDAY PARTIES	4:00-5:00PM Open Swim
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)	Pool Closes at 6:00pm	Pool Closes at 5:00pm
7:30-9:00PM OPEN SWIM Pool Closes at 9:00PM	7:30-9:00PM OPEN SWIM Water Exercise (7:30pm-8:15pm) Pool Closes at 9:00PM	7:30-9:00PM OPEN SWIM Pool Closes at 9:00PM	7:30-9:00PM OPEN SWIM Pool Closes at 9:00PM	7:30-9:00PM OPEN SWIM Pool Closes at 9:00PM		

Swimming Lessons Session
Dates:
Winter: Jan. 8th- Feb.25th
Spring : Feb 26th- April 22nd

IMPORTANT INFORMATION:
Schedule updated - 01/08/2018
Schedule effective - 01/02/2018- 02/26/2018

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 4:30-7:50pm free swim will be limited, ask the lifeguard for open areas.

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