

## AQUATICS SCHEDULE - LAP POOL



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

### SATURDAY

### SUNDAY

**5:15—9:00 am**

Lap Swim  
(8 Lanes)

**9:00a-12:00p**

Lap Swim  
(8 Lanes)

**12:00-3:00pm**

Lap Swim  
(8 Lanes)

**3:00—6:30 pm**

Lap Swim  
(8 Lanes)

**Pool Closes at  
6:30pm**

**5:15—9:00am**

Lap Swim  
(8 Lanes)

**9:00a-12:00p**

Lap Swim  
(8 Lanes)

**12:00—3:00 p**

Lap Swim  
(8 Lanes)

**3:00—6:00pm**

Lap Swim  
(8 Lanes)

**6:00-6:30 pm**

**Swim Team  
(3 Lanes)**  
Lap Swim  
(5 Lanes)

**Pool Closes at  
6:30pm**

**5:15—9:00 am**

Lap Swim  
(8 Lanes)

**9:00a-10:00a**

**Water Exercise**  
(4 lanes)

Lap Swim  
(4 Lanes)

**10:00a-3:00p**

Lap Swim  
(8 Lanes)

**3:00—6:30 pm**

Lap Swim  
(8 Lanes)

**Pool Closes at  
6:30pm**

**5:15—9:00 am**

Lap Swim  
(8 Lanes)

**9:00a-12:00 p**

Lap Swim  
(8 Lanes)

**12:00—3:00 p**

Lap Swim  
(8 Lanes)

**3:00—6:00pm**

Lap Swim  
(8 Lanes)

**6:00-6:30 pm**

**Swim Team  
(3 Lanes)**  
Lap Swim  
(5 Lanes)

**Pool Closes at  
6:30pm**

**5:15—9:00 am**

Lap Swim  
(8 Lanes)

**9:00a-10:00a**

**Water Exercise**  
(4 lanes)

Lap Swim  
(4 Lanes)

**12:00—3:00 p**

Lap Swim  
(8 Lanes)

**3:00—6:30 p**

Lap Swim  
(8 Lanes)

**Pool Closes at  
6:30pm**

**7:00-8:00 am**

Lap Swim  
(8 Lanes)

**8:00-8:45 am**

**Water Exercise**  
(4 lanes)

Lap Swim  
(4 Lanes)

**8:45a-3:30 p**

Lap Swim  
(8 Lanes)

**Pool Closes at  
6:30pm**

**7:00—9:00 am**

Lap Swim  
(8 Lanes)

**9:00 a-12:00 p**

Lap Swim  
(8 Lanes)

**12:00—3:30 pm**

Lap Swim  
(8 Lanes)

**Pool Closes at  
3:30pm**

### IMPORTANT INFORMATION:

Lap Swim: One person per lane. NO SHARING LANES

- Bring your own pool equipment.
- Maximum swim time is 30 minutes.
- Reservation is required before entering the pool.

Pool schedule is subject to change without notice.

For updates, visit [www.indianvalleyfamilyYMCA.org](http://www.indianvalleyfamilyYMCA.org) or like us on Facebook

\*\*Water Exercise starts the week of July 27th

### COLOR KEY:

**Water Exercise**

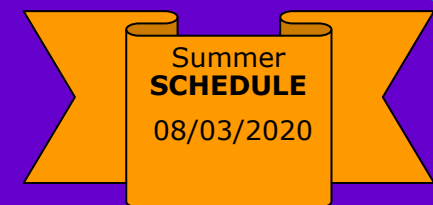
**Family Swim**

**Swim Lessons**

**Camp Swim**

**Swim Team**

**Water Walking and Lap Swim**



## AQUATICS SCHEDULE - Warm Water



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

### MONDAY

**7:30—9:00 am**  
Water Walking (3 Lanes)

**9:00-10:00 am**  
**Swim Lessons**  
Water Walking (3 Lanes)

**10:00am-3:30p**  
**Camp Swim**  
Water Walking (2 Lanes)

**3:30—6:30 pm**  
**Private/swim Lessons**  
Water Walking (1Lanes)

**\*5:00-6:30pm**  
**Family Swim**

**Pool Closes at 6:30pm**

### TUESDAY

**7:30—9:00 am**  
Water Walking (3 Lanes)

**9:00—10:00am**  
Water Walking (3 Lanes)

**10:00am-3:30p**  
**Camp Swim**  
Water Walking (2 Lanes)

**3:00—6:00 pm**  
**Private/swim lessons**  
Water Walking (1 Lanes)

**6:00-6:30 pm**  
Water Walking (3 Lane)

**Pool Closes at 6:30pm**

### WEDNESDAY

**7:30—9:00 am**  
Water Walking (3 Lanes)

**9:00-10:00 am**  
**Swim Lessons**  
Water Walking (3 Lanes)

**10:00am-3:30p**  
**Camp Swim**  
Water Walking (2 Lanes)

**3:30—6:30 pm**  
**Swim Lessons/ Private lessons**  
Water Walking (1 Lanes)

**\*5:00-6:30pm**  
**Family Swim**

**Pool Closes at 6:30pm**

### THURSDAY

**7:30—9:00 am**  
Water Walking (3 Lanes)

**9:00-10:00 am**  
**Swim Lessons**  
Water Walking (3 Lanes)

**10:00am-3:00p**  
**Camp Swim**  
Water Walking (2 Lanes)

**3:30—6:30 pm**  
**Private/swim lessons**  
Water Walking (1 Lanes)

**6:00-6:30 pm**  
Water Walking (3 Lane)

**Pool Closes at 6:30pm**

### FRIDAY

**7:30—9:00 am**  
Water Walking (3 Lanes)

**9:00-10:00am**  
**Swim Lessons**  
Water Walking (3 Lanes)

**10:00am-3:00p**  
**Camp Swim**  
Water Walking (2 Lanes)

**3:30—6:30 pm**  
**\*\*Private/swim lessons**  
Water Walking (1 Lanes)

**3:30 pm-5:30 pm**  
**Family Swim**

**Pool Closes at 6:30pm**

### SATURDAY

**7:00—10:00 am**  
Water Walking (3 Lanes)

**10:00am-12:00p**  
**Family Swim**  
(2 Lanes)  
Water Walking (3 lane)

**12:00—3:30pm**  
Water Walking (3 Lanes)  
**Family Swim**  
**Pool Closes at 3:30pm**

### SUNDAY

**7:00—10:00 am**  
Water Walking (3 Lanes)

**10:00am-12:00p**  
**Family Swim**  
(2 Lanes)  
Water Walking (3 Lanes)

**12:00—3:30pm**  
Water Walking (3 Lanes)  
**Family Swim**  
**Pool Closes at 3:30pm**

#### Important information:

Water Walking: One person per lane. NO SHARING LANES

- Bring your own equipment.
- Maximum swim time is 30 minutes.

Family Swim: First come first serve

- Reservation is required before entering the pool

Pool schedule is subject to change.

- Color Key on reverse side.

For updates, visit [www.indianvalleyfamilyYMCA.org](http://www.indianvalleyfamilyYMCA.org) or like us on Facebook

**\*\*Make-Up Swim Lessons per needed.**

#### Free Swim Information:

Family Swim: First come first serve

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.