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FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# INDIAN VALLEY FAMILY YMCA AQUATICS SCHEDULE – LAP POOL

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Fall Schedule: October 10, 2021 – December 31, 2021

## MONDAY

**5:15-9:00a**  
Lap Swim  
(8 lanes)

**9:00-4:00p**  
Lap swim  
(8 Lanes)

**3:00-4:30p**  
Lap Swim  
(Lanes 1,2 & 8)

**Pool Rental**  
(Lanes 3-7)

**4:30-6:00p**  
**Swim Team**  
(Lane 1-8)

**Pool Closes at  
6:00p**

## TUESDAY

**5:15-6:30a**  
**Swim Team**  
(Lane 1)  
Lap Swim  
(7 lanes)

**6:30-9:00a**  
Lap swim  
(8 Lanes)

**9:00-10:00a**  
Lap swim  
(Lanes 1-4)

**Water Exercise**  
(Lanes 5-8)

**10:00-3:00p**  
Lap Swim  
(8 Lanes)

**3:00-4:30p**  
Lap Swim  
(Lanes 1,2 & 8)

**Pool Rental**  
(Lanes 3-7)

**4:30-7:00p**  
**Swim Team**  
(Lane 1-7)  
Lap Swim  
Lane (8)

**Pool Closes at  
6:30p**

## WEDNESDAY

**5:15-9:00a**  
Lap Swim  
(8 lanes)

**9:00-10:00p**  
Lap swim  
(Lanes 1-4)

**Water Exercise**  
(Lanes 5-8)

**10:00-3:00p**  
Lap swim  
(8 Lanes)

**3:00-4:30p**  
Lap Swim  
(Lanes 1,2 & 8)

**Pool Rental**  
(Lanes 3-7)

**4:30-6:00p**  
**Swim Team**  
(Lane 1-8)

**Pool Closes at  
6:00p**

## THURSDAY

**5:15-6:30a**  
**Swim Team**  
(Lane 1)  
Lap Swim  
(7 lanes)

**6:30-9:30a**  
Lap swim  
(8 Lanes)

**9:30-10:30a**  
Lap swim  
(Lanes 1-4)

**Water Exercise**  
(Lanes 5-8)

**10:30-3:00p**  
Lap Swim  
(8 Lanes)

**3:00-4:30p**  
Lap Swim  
(Lanes 1,2 & 8)

**Pool Rental**  
(Lanes 3-7)

**4:30-7:00p**  
**Swim Team**  
(Lane 1-7)  
Lap Swim  
Lane (8)

**Pool Closes at  
6:30p**

## FRIDAY

**5:15-9:00a**  
Lap Swim  
(8 lanes)

**9:00-10:00a**  
Lap swim  
(Lanes 1-4)

**Water Exercise**  
(Lanes 5-8)

**10:00-3:00p**  
Lap Swim  
(8 Lanes)

**3:00-4:30p**  
Lap Swim  
(Lanes 1,2 & 8)

**Pool Rental**  
(Lanes 3-7)

**4:30-6:00p**  
**Swim Team**  
(Lane 1-8)

**Pool Closes at  
6:00p**

## SATURDAY

**7:00a-8:00a**  
Lap Swim  
(8 lanes)

**8:00- 9:00a**  
**Water Exercise**  
(Lanes 5-8)

**8:00a-12:30p**  
**Swim Lessons**  
(Lanes 1 & 8)

Lap swim  
(Lanes 2 - 7)

**Pool Closes at  
12:30p**

## SUNDAY

**7:00a-9:00a**  
**Swim Team**  
(7 Lanes)

Lap Swim  
(Lane 8)

**9:00a-12:30p**  
Lap Swim  
(Lanes 1- 8)

**Pool Closes at  
12:30p**

### IMPORTANT INFORMATION

ECHN-pool times vary Monday-Thursday  
Must Shower before entering the pool.

**Private Swim lesson, Swim lessons and other program vary in days/times in the lap pool without notice.**  
Masks must be worn on deck at all times if not vaccinated. Masks may be removed when swimmers enter the water.

**Pool schedule is subject to change without notice.**

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

### COLOR KEY:

**Swim Lessons**

**Water Exercise**

**Swim Team**

**Family Swim**

**Water Walking/Lap Swim**

**Private lessons**

**Pool Rental**

**Updated 10.7.2021**