

# YMCA OF MOUNT VERNON POOL SCHEDULE

## March 3rd – May 3rd 2025

**\*NO swim lessons or swim club March 24th–29th. Please see weekly schedule for open swim times**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6am- 8:45am Lap Swim	6am- 8:45am Lap Swim	6am- 8:45am Lap Swim	6am- 8:45am Lap Swim	6am- 8:45am Lap Swim	7:30am- 9am Lap Swim
8:45am-9am Rest Break	8:45am-9am Rest Break	8:45am-9am Rest Break	8:45am-9am Rest Break	8:45am-9am Rest Break	9am-9:15am Rest Break
9am-9:45am Aqua Aerobics Vicky	9am-9:45am Aqua Aerobics Ann	9am-9:45am Aqua Aerobics Vicky	9am-9:45am Aqua Aerobics Carol	9am-9:45am Aqua Aerobics Ann	9:15am- 12 pm Open Swim w/One Lap Lane
9:50am - 11:30am Open Swim w/Two Lap Lanes	9:50am - 11:30am Open Swim w/Two Lap Lanes	9:50am - 11:30am Open Swim w/Two Lap Lanes	9:50am - 11:30am Open Swim w/Two Lap Lanes	9:50am - 11:30am Open Swim w/Two Lap Lanes	
11:30am-11:45am Rest Break	11:30am-11:45am Rest Break	11:30am-11:45am Rest Break	11:30am-11:45am Rest Break	11:30am-11:45am Rest Break	
11:45am-1pm Adult Lap Swim	11:45am-1pm Adult Lap Swim	11:45am-1pm Adult Lap Swim	11:45am-1pm Adult Lap Swim	11:45am-1pm Adult Lap Swim	
4pm-6:50pm SWIM LESSONS	3:45pm-5pm open swim w/ Two lap lanes	4pm-6:20pm SWIM LESSONS	3:45pm-5pm open swim w/ Two lap lanes	4:30pm-6pm Open Swim W/ Two Lap lanes	
	5:15pm-6pm Aqua Aerobics Kate		5:15pm-6pm Aqua Aerobics Kate		
		6pm-7pm Swim Club	6:20pm-630pm Rest Break	6pm-6:50pm Open Swim W/ Two Lap Lanes	
6:50pm-7pm Rest Break		630pm- 7:45pm Open Swim W/Two Lap Lanes	6:50pm-7pm Rest Break	6pm-6:15pm Rest Break	
7pm- 7:45pm Open Swim W/Two Lap Lanes			7pm- 7:45pm Open Swim W/Two Lap Lanes	6:15pm- 7:30pm Open Swim W/Two Lap Lanes	

**Lap Swim:** Walk, Jog or Swim laps.

**Adult Lap Swim:** Walk, Jog or Swim laps (must be 18 or older).

**Aqua Aerobics:** A moderate to high cardio workout which will increase your heart rate and strengthen your heart and muscles utilizing the water as a resister to improve physical endurance with low impact on your joints. All water aerobics classes will be held in the shallow end. Each instructor will teach their own unique style while giving an effective pool workout.

**Swim Lessons:** At the YMCA we offer progressive swim lessons for ages 6 months and up. Please refer to [www.mtvymca.org](http://www.mtvymca.org) for specific details. (Must register for lessons)

**Open Swim w/ 1 Lap Lane:** Pool is open with one lane available to lap circle swim style.

**Rest Break:** The pool is closed for lifeguard to take a break.

- A mobile lift is available by appointment only. Email [missi@mtvymca.org](mailto:missi@mtvymca.org) in advance to schedule. Members must bring their own helper for transfers. Staff cannot assist physically.
- Children who would like to swim in the deep end MUST pass a YMCA swim test. The lifeguard on duty will make the final decision on admittance to the deep end of the pool.
- Children ages 8 and under must have an adult within arms reach in the water with them at all times or children ages 7-8 can have an adult on the pool deck with them if they pass a swim test. Children ages 9-13 must have an adult in the building at all times.

# YMCA OF MOUNT VERNON POOL SCHEDULE

## May 5th – May 31st 2025

**\*THE YMCA IS CLOSED ON MONDAY MAY 26TH FOR MEMORIAL DAY**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6am- 8:45am Lap Swim	6am- 8:45am Lap Swim	6am- 8:45am Lap Swim	6am- 8:45am Lap Swim	6am- 8:45am Lap Swim	7:30am- 9am Lap Swim
8:45am-9am Rest Break	8:45am-9am Rest Break	8:45am-9am Rest Break	8:45am-9am Rest Break	8:45am-9am Rest Break	9am-9:15am Rest Break
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11:30am-11:45am Rest Break	11:30am-11:45am Rest Break	11:30am-11:45am Rest Break	11:30am-11:45am Rest Break	11:30am-11:45am Rest Break	
11:45am-1pm Adult Lap Swim	11:45am-1pm Adult Lap Swim	11:45am-1pm Adult Lap Swim	11:45am-1pm Adult Lap Swim	11:45am-1pm Adult Lap Swim	
3:45pm-6pm Open Swim w/ Two Lap lanes	3:45pm-5:45pm Open Swim w/ Two Lap Lanes	3:45pm-6:50pm SWIM LESSONS	3:45pm-6pm Open Swim w/ Two Lap lanes	4:30pm-6pm Open Swim W/ Two Lap lanes	
6pm-6:15 pm Rest Break	5:45pm-6pm Rest Break		6pm-6:15 pm Rest Break	6pm-6:15pm Rest Break	
6:15pm- 7:45pm Open Swim W/Two Lap Lanes	6pm-7pm Swim Club	6:50pm-7pm Rest Break	6:15pm- 7:45pm Open Swim W/Two Lap Lanes	6:15pm- 7:30pm Open Swim W/Two Lap Lanes	
	7pm- 7:45pm Open Swim W/Two Lap Lanes	7pm- 7:45pm Open Swim W/Two Lap Lanes			

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