

YMCA OF MOUNT VERNON POOL SCHEDULE

JANUARY 5TH-FEBRUARY 28TH

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6am- 8:45am Lap Swim	7:30am- 9am Lap Swim				
8:45am-9am Rest Break	9am-9:15am Rest Break				
9am-9:45am Aqua Aerobics Vicky	9am-9:45am Aqua Aerobics Erin	9am-9:45am Aqua Aerobics Vicky	9am-9:45am Aqua Aerobics Carol	9am-9:45am Aqua Aerobics Erin	9:15am - 10:45am Open Swim w/ One Lap Lane
9:50am - 11:30am Open Swim w/ Two Lap Lane	9:50am - 11:30am Open Swim w/ One Lap Lane	10:45am-11am Rest Break			
11:30am-11:45am Rest Break	11am - 12pm Open Swim w/ One Lap Lane				
11:45am- 1pm Adult Lap Swim					
	3:45pm-5pm Open Swim w/ Two Lap Lane		3:45pm-5pm Open Swim w/ Two Lap Lane		
Swim Lessons 4:00pm-6:20pm	5:00pm-5:15pm Rest Break	Swim Lessons 4:00pm-6:20pm	5:00pm-5:15pm Rest Break	4:30pm-6:00pm Open Swim W/ One Lane	
	5:15pm-6pm Aqua Aerobics Monique		5:15pm-6pm Aqua Aerobics Monique		
6:20pm-6:35pm Rest Break	6pm-7pm Swim Club	6:20pm-6:35pm Rest Break	6pm-7pm Swim Club	6:00pm-6:15pm Rest Break	
6:35 pm- 7:45pm Open Swim W/Two Lap Lane	7:10pm- 7:45pm Open Swim W/Two Lap Lane	6:35pm- 7:45pm Open Swim W/Two Lap Lane	7:10pm- 7:45pm Open Swim W/Two Lap Lane	6:15pm-7:30pm Open Swim W/One Lane	

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 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.

- An ADA accessible pool lift is available for use Monday-Thursday 9am-12pm and 3pm-6pm, Friday 9am-12pm.
- 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.