



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# POOL SCHEDULE

## HEART OF THE VALLEY YMCA

### January 8–March 25

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Adult Lap and Fitness Swim</b> 5:00–8:00 AM 9:45 AM–4:00 PM 6:15–9:30 PM	<b>Adult Lap and Fitness Swim</b> 5:00–8:00 AM 9:45 AM–4:00 PM 7:00–8:30 PM	<b>Adult Lap and Fitness Swim</b> 5:00–8:00 AM 9:45 AM–4:00 PM 6:15–9:30 PM	<b>Adult Lap and Fitness Swim</b> 5:00–8:00 AM 9:45 AM–4:00 PM 7:00–8:30 PM	<b>Adult Lap and Fitness Swim</b> 5:00–8:55 AM 9:45 AM–6:00 PM* *4:30–6:00 PM 1 Lane Open Feb 9 & Mar 30 *6:00–9:30 PM No Lanes Available Feb. 2 – Mar. 16	<b>Adult Lap and Fitness Swim</b> 5:45–6:45 AM 7:30–8:20 AM 11:50 AM–1:00 PM	<b>Adult Lap and Fitness Swim</b> 7:30 AM–1:00 PM
<b>Open Swim</b> 6:15–9:30 PM	<b>Open Swim</b> 2:30–4:00 PM 7:00–8:30 PM	<b>Open Swim</b> 6:15–9:30 PM	<b>Open Swim</b> 2:30–4:00 PM 7:00–8:30 PM	<b>Open Swim</b> 2:30–9:30 PM* *CLOSED 4:30–6:00 PM February 9 & March 30	<b>Open Swim</b> 12:00–5:30 PM	<b>Open Swim</b> 10:00 AM–5:30 PM
<b>Slide</b> 6:15–7:30 PM	<b>Slide</b> OFF	<b>Slide</b> 6:15–7:30 PM	<b>Slide</b> OFF	<b>Slide</b> 6:15–8:30 PM	<b>Slide</b> 1:00–5:00 PM	<b>Slide</b> 1:00–5:00 PM
<b>Family Swim</b> 2:30–4:00 PM		<b>Family Swim</b> 2:30–4:00 PM		<b>Family Swim</b> 10:00 AM–12:30 PM	<b>Family Swim &amp; Slide</b> 6:30–8:30 PM* *Family Swim: all children must swim with a parent	

**Adult Lap and Fitness Swim:** Reserved for persons age 14 or older. Please be courteous, use appropriate lane, and share lanes with others.

**Open Swim:** Children under age 6 must be accompanied by an adult in the water. Children ages 6–9 must pass a swim test to swim without an adult.

**Slide:** Schedule is subject to change. Slide will close for high or low number of swimmers.

**Family Swim:** Reserved for parents and children. Parents must be in the water swimming with children, regardless of age.

**All persons in the pool or hot tub must be dressed in appropriate swim attire.**

**The lifeguard on duty will make final decisions on safety issues concerning pool rules.**

Our Mission: To put Christian principles into practice by promoting youth, adult and family activities that help build a healthy spirit, mind and body for all.