



FOR YOUTH DEVELOPMENT®  
 FOR HEALTHY LIVING  
 FOR SOCIAL RESPONSIBILITY

# POOL SCHEDULE

## HEART OF THE VALLEY YMCA

September 5-December 17 (November 20 to 26 see break week schedule)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Lap/Fitness Swim</b> 5:00-8:00 AM 9:45 AM-4:00 PM 6:15-9:30 PM	<b>Lap/Fitness Swim</b> 5:00-8:00 AM 9:45 AM-4:00 PM 7:00-8:30 PM	<b>Lap/Fitness Swim</b> 5:00-8:00 AM 9:45 AM-4:00 PM 6:15-9:30 PM	<b>Lap/Fitness Swim</b> 5:00-8:00 AM 9:45 AM-4:00 PM 7:00-8:30 PM	<b>Lap/Fitness Swim</b> 5:00-8:55 AM 9:45 AM-6:00 PM* <b>*CLOSED 4:30-6 PM</b> <b>Oct 6 &amp; Dec 1</b>	<b>Lap/Fitness Swim</b> 5:45-6:45 AM 7:30-8:20 AM 11:50 AM-1:00 PM	<b>Lap/Fitness Swim</b> 7:30 AM-1:00 PM* <b>*Pool &amp; Hot Tub</b> <b>CLOSED 8:30-11 AM</b> <b>Oct 15 &amp; Dec 3</b>
<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* <b>*CLOSED 4:30-6 PM</b> <b>Oct 6 &amp; Dec 1</b>	<b>Open Swim</b> 12:00-5:30 PM	<b>Open Swim</b> 10:00 AM-5:30 PM* <b>*Pool &amp; Hot Tub</b> <b>CLOSED 8:30-11 AM</b> <b>Oct 15 &amp; Dec 3</b>
<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		

**Lap/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 due to number of swimmers.

**Family Swim:** Reserved for families with young children. Parents must be in the water swimming with their children.

All persons in the pool area must be dressed in 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.