



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

POOL SCHEDULE

HEART OF THE VALLEY YMCA

November 20-26 Break Week schedule

11/20 Monday	11/21 Tuesday	11/22 Wednesday	11/23 Thursday	11/24 Friday	11/25 Saturday	11/26 Sunday
Adult Lap and Fitness Swim 5:00 AM-9:30 PM	Adult Lap and Fitness Swim 5:00 AM-9:30 PM	Adult Lap and Fitness Swim 5:00 AM-9:30 PM	Adult Lap and Fitness Swim 6:00-10:30 AM	Adult Lap and Fitness Swim 5:00 AM-12:00 PM 5:00 PM-9:30 PM	Adult Lap and Fitness Swim 5:45 AM-1:00 PM	Adult Lap and Fitness Swim 7:30 AM-1:00 PM
Open Swim 2:30-9:30 PM	Open Swim 2:30-8:30 PM	Open Swim 1:00-9:30 PM	Open Swim 8:00-10:30 AM	Open Swim 12:00-9:30 PM	Open Swim 10:00 AM-5:30 PM	Open Swim 10:00 AM-5:30 PM
Slide 6:15-7:30 PM	Slide OFF	Slide 6:15-7:30 PM	Slide OFF	Slide 1:00-5:00 PM 6:15-8:30 PM	Slide 1:00-5:00 PM	Slide 1:00-5:00 PM

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 due to number of swimmers.

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.