



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

POOL SCHEDULE – HEART OF THE VALLEY YMCA

December 18 – January 7 Break Week Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
12/18 Adult Lap/Fitness Swim 5:00 AM-4:00 PM 4:00-9:30 PM 1 Lane Open Open Swim 12:30-9:30 PM Slide 6:15-7:30 PM	12/19 Adult Lap/Fitness Swim 5:00 AM-9:30 PM Open Swim 12:30-9:30 PM Slide OFF	12/20 Adult Lap/Fitness Swim 5:00 AM-4:00 PM 4:00-9:30 PM 1 Lane Open Open Swim 12:30-9:30 PM Slide 6:15-7:30 PM	12/21 Adult Lap/Fitness Swim 5:00 AM-9:00 AM 12:00-9:30 PM POOL AND HOT TUB CLOSED 9:00 AM-12:00 PM Open Swim 12:30-9:30 PM Slide OFF	12/22 Adult Lap/Fitness Swim 5:00 AM-12:30 PM 5:00-9:30 PM Open Swim 12:30-9:30 PM Slide 1:00-5:00 6:00-8:30 PM	12/23 Adult Lap/Fitness Swim 5:45 AM-12:30 PM Open Swim 10:00 AM-5:30 PM Slide 10:00-5:00 PM	12/24 Adult Lap/Fitness Swim 7:30 AM-12:30 PM Open Swim 10:00 AM-2:00 PM Slide 10:00 AM-1:30 PM
12/25 CHRISTMAS YMCA CLOSED	12/26 Adult Lap/Fitness Swim 5:00 AM-12:30 PM 5:00-9:30 PM Open Swim 12:30-9:30 PM Slide 12:30-5:00 PM 6:00-8:30 PM	12/27 Adult Lap/Fitness Swim 5:00 AM-12:30 PM 5:00-9:30 PM Open Swim 12:30-9:30 PM Slide 12:30-5:00 PM 6:00-8:30 PM	12/28 Adult Lap/Fitness Swim 5:00 AM-12:30 PM 5:00-9:30 PM 1 Lane Open Open Swim 12:30-9:30 PM Slide 12:30-5:00 PM 6:00-8:30 PM	12/29 Adult Lap/Fitness Swim 5:00 AM-12:30 PM 5:00-9:30 PM Open Swim 12:30-9:30 PM Slide 12:30-5:00 PM 6:00-8:30 PM	12/30 Adult Lap/Fitness Swim 5:45 AM-12:30 PM Open Swim 10:00 AM-5:30 PM Slide 10:00-5:00 PM	12/31 Adult Lap/Fitness Swim 7:30 AM-12:30 PM Open Swim 10:00 AM-5:30 PM Slide 10:00-5:00 PM
01/01 Adult Lap/Fitness Swim 8:00 AM-12:30 PM Open Swim 10:00-5:30 PM Slide 10:00-5:00 PM	01/02 Adult Lap/Fitness Swim 5:00 AM-8:00 AM 9:45 AM-8:30 PM Open Swim 12:30-9:30 PM Slide 6:00-8:30 PM	01/03 Adult Lap/Fitness Swim 5:00 AM-8:00 AM 9:45 AM-9:30 PM Open Swim 12:30-9:30 PM Slide 6:00-8:30 PM	01/04 Adult Lap/Fitness Swim 5:00 AM-8:00 AM 9:45 AM-8:30 PM Open Swim 12:30-9:30 PM Slide 6:00-8:30 PM	01/05 Adult Lap/Fitness Swim 5:00 AM-8:55 AM 9:45 AM-6:00 PM 6:00-9:00 PM Teen Night No Lanes Available Open Swim 12:30-9:30 PM Slide 6:00-8:30 PM	01/06 Adult Lap/Fitness Swim 5:45 AM-6:45 AM 7:30 AM-12:30 PM Open Swim 10:00 AM-5:30 PM Slide 12:30-5:00 PM Family Swim & Slide 6:30-8:30 PM	01/07 Adult Lap/Fitness Swim 7:30 AM-12:30 PM Open Swim 10:00 AM-5:30 PM Slide 12:30-5:00 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. 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.