



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

VALLEY POINTS FAMILY YMCA

Summer/Fall 2022

Aug.22-Sept.9

New Kensington Branch Pool Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Adult Lap 6:30-9:45am	Adult Lap 6:30-9:30	Adult Lap 6:30-9:45am	Adult Lap 6:30-9:30am	Adult Lap 6:30-9:30am	Adult Lap 7:00-11:15am
Arthritis Aquatics 9:45-10:30am	GUARD BREAK 9:30-9:35am Aquacize 9:35-10:30am	Arthritis Aquatics 9:45-10:30am	GUARD BREAK 9:30-9:35am Aquacize 9:35-10:30am	GUARD BREAK 9:30-9:45am Arthritis Aquatics 9:45-10:30am	GUARD BREAK 11:15-11:35am
Adult Open 10:30-11:30am	Adult Open 10:30-11:30am	Adult Open 10:30-11:30am	Adult Open 10:30-11:30am	Adult Open 10:30-11:30am	Adult Open 11:35-2:30pm
GUARD BREAK 11:30-11:45am	GUARD BREAK 11:30-11:45am	GUARD BREAK 11:30-11:45am	GUARD BREAK 11:30-11:45am	GUARD BREAK 11:30-11:45am	Family Swim 2:30-3:30pm
Adult Open 11:45-2:30pm	Adult Open 11:45am-1:45pm	Adult Open 11:45-2:30pm	Adult Open 11:45am-1:45pm	Adult Open 11:45-1:45pm	
GUARD BREAK 2:30-3:00 pm	CLEANING BREAK 1:45-3:45 pm	GUARD BREAK 2:30-3:00pm	GUARD BREAK 1:45-3:45 pm	GUARD BREAK 1:45-3:45 pm	
Adult Lap 3:00-4:25pm	Adult Lap 3:45-6:00pm	Adult Lap 3:00-4:25pm	Adult Lap 3:45-6:00pm	Adult Lap 3:45-4:30pm	CLOSED SUNDAY
Open Swim 4:35-6:00	Open Swim 6:00-7:00pm	Guard Break 4:25-4:35	Open Swim 6:00-7:00pm	Adult Open 4:30-5:15pm	
GUARD BREAK 4:25-4:35	GUARD BREAK 7:00-7:15pm	Open Swim 4:35-6:00	GUARD BREAK 7:00-7:15pm	Family Swim 5:15-6:15pm	
	Aquacize 7:15-8:15pm		Aquacize 7:15-8:15pm		

Adult Lap: For adult members who want to swim laps. (Teen members 15 years of age and older may also swim laps.)

Open Swim: Two lanes for lap swimming and two lanes for recreational swimming. Children under the age of 8 must be accompanied by an adult in the water.

Adult Open: Leisure use / water aerobic exercise. Two lanes for open swim and two lanes for lap swimming. (Teen members 15 years of age and older may also use for water aerobic exercise/swim laps.)

Family Swim: Designed for family members; group leisure swimming. All youth under the age of 18 must be accompanied by a parent (on the pool deck or in the water), but children under the age of 8 must be accompanied in the water by an adult 18 years of age or older in the same immediate family.

This schedule is subject to change due to seasonal additions and/or deletions and we reserve the right to begin and end scheduled swims within five minutes of the posted starting and ending time.