



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

VALLEY POINTS FAMILY YMCA

Winter 2021

November 6—January 3

New Kensington Branch Pool Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Adult Lap 6:30–9:30am	Adult Lap 6:30–9:30	Adult Lap 6:30–9:30am	Adult Lap 6:30–9:30am	Adult Lap 6:30–9:30am	Adult Lap 7:00–9:15am
GUARD BREAK 9:30–9:45am	GUARD BREAK 9:30–9:35am	GUARD BREAK 9:30–9:45am	GUARD BREAK 9:30–9:35am	GUARD BREAK 9:30–9:45am	Swim Lessons 9:15–12:15pm
Arthritis Aquatics 9:45–10:30am	Aquacize 9:35–10:30am	Arthritis Aquatics 9:45–10:30am	Aquacize 9:35–10:30am	Arthritis Aquatics 9:45–10:30am	Adult Lap 12:15–1:45pm
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 1:45–2:30pm
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 11:45–1:45pm	Adult Open 11:45am–1:45pm	Adult Open 11:45–1:45pm	Adult Open 11:45am–1:45pm	Adult Open 11:45–1:45pm	
CLEANING BREAK 1:45–3:45 pm	CLEANING BREAK 1:45–3:45 pm	CLEANING BREAK 1:45–3:45 pm	GUARD BREAK 1:45–3:45 pm	GUARD BREAK 1:45–3:45 pm	
Adult Open 3:45–6:00pm	Adult Lap 3:45–6:00pm	Adult Open 3:45–4:30pm	Adult Lap 3:45–6:00pm	Adult Lap 3:45–4:30pm	
GUARD BREAK 6:00–6:15pm	Adult Open 6:00–7:00pm	Adult Open 4:30–5:15pm	Adult Open 6:00–7:00pm	Adult Open 4:30–5:15pm	SUNDAY CLOSED
Swim Lessons 6:15–8:15pm	GUARD BREAK 7:00–7:15pm	Adult Open 5:15–6:00pm	GUARD BREAK 7:00–7:15pm	Family Swim 5:15–6:15pm	
	Aquacize 7:15–8:15pm	GUARD BREAK 6:00–6:15pm	Aquacize 7:15–8:15pm		
		Family Swim 6:15–8:30pm			

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

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 18 and younger 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. A youth member may be accompanied by a non-member parent on Saturdays only.

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.