



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

VALLEY POINTS FAMILY YMCA

Winter 2022  
January 3— March 28

# New Kensington Branch Pool Schedule

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

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

**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.\*