



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

VALLEY POINTS FAMILY YMCA

Winter 2021
Feb. 1 — Feb. 28

New Kensington Branch Pool Schedule

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

All swimmers must make a reservation for all swim types, and can be scheduled 48 hours in advance

Adult Lap: For adult members who want to swim laps. (Teen members 15 years of age and older may also swim laps.)
1 Member per lane, swimmers must remain 6 ft in physical distance a part. (4 total members allowed in pool at a time.)

Adult Open: *15+ years old and up* Leisure use / water aerobic exercise. Pool will be divided in to 4 lanes, swimmers must remain 6ft in physical distance a part. (10 total members allowed in pool at a time.)

****NO LAP SWIMMING WILL BE ALLOWED DURING ADULT OPEN SWIM IF 2 SWIMMERS ARE SHARING A LANE****

Family Swim Recreational Swim for YMCA Family members. *All youth must have an adult-family YMCA member with them during this swim.* (10 total members allowed in pool at a time.)