the YMCA

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

VALLEY POINTS FAMILY YMCA
Winter/Spring 2017
January 9—June 3

New Kensington Branch Pool Schedule

MONDAY
Adult Lap
6:00–8:45am

Arthritis Aquatics
8:45–9:30am

Pike/Eel
9:30–10:00am

Adult Lap
10:00–11:30am

Adult Open
11:30am–1:00pm

Active Older Adults
1:00–1:45pm

Adult Open
1:45-2:45pm

Adult Lap
2:45-4:00pm

Youth Swim
4:00–5:00pm

Parent-Child
5:15–5:45pm

Pike/Eel
5:45–6:15pm

Polliwog/Guppy
6:15–7:00pm

Minnow/Fish Flying Fish/Shark
7:00–7:45pm

Family Swim
7:45–9:00pm

TUESDAY
Adult Lap
6:00–8:45am

Parent-Child
9:00–9:30am

H_2O Yoga
9:30-10:00am

Aquacize Class
10:00–11:00am

Adult Open
11:00am–1:30pm

Pike/Eel
1:30–2:00pm

Ray/Starfish
2:00–2:30pm

Home School
2:30–3:00pm

Adult Lap
3:00–4:30pm

Pike/Eel
4:30–5:00pm

Ray/Starfish
5:00–5:30pm

Polliwog/Guppy
5:30–6:15pm

Adult Open
6:15–7:00pm

Aquacize
7:00–8:00pm

Adult Lap
8:00–9:00pm

WEDNESDAY
Adult Lap
6:00–8:45am

Arthritis Aquatics
8:45–9:30am

Pike/Eel
9:30–10:00am

Adult Lap
10:00–11:30am

Adult Open
11:30am–1:00pm

Active Older Adults
1:00–1:45pm

Adult Open
1:45-2:45pm

Adult Lap
2:45-4:00pm

Youth Swim
4:00–5:00pm

Parent-Child
5:15–5:45pm

Pike/Eel
5:45–6:15pm

Polliwog/Guppy
6:15–7:00pm

Minnow/Fish Flying Fish/Shark
7:00–7:45pm

Family Swim
7:45–9:00pm

THURSDAY
Adult Lap
6:00–8:45am

Parent-Child
9:00–9:30am

Adult Lessons
(Level One)
9:30–10:00am

Aquacize
10:00–11:00am

Adult Open
11:00am–1:30pm

Pike/Eel
1:30–2:00pm

Ray/Starfish
2:00–2:30pm

Early Learning Center
2:30–3:00pm

Adult Lap
3:00-4:30

Pike/Eel
4:30–5:00pm

Ray/Starfish
5:00–5:30pm

Polliwog/Guppy
5:30–6:15pm

Adult Open
6:15–7:00pm

Aquacize
7:00–8:00pm

Adult Lap
8:00–9:00pm

FRIDAY
Adult Lap
6:00–8:45am

Arthritis Aquatics
8:45–9:30am

Adult Lap
9:30–10:30am

AquaFit
10:30–11:30am

Adult Open
11:30am–1:00pm

Active Older Adults
1:00–1:45pm

Adult Lap
1:45-3:00pm

Adult Open
3:00–4:00pm

Youth Swim
4:00-4:45pm

Adult Lap
4:45–5:30pm

Community Family Swim
5:30–6:30pm

Pool Rental
6:30–7:30pm

SATURDAY
Lap Swim
7:00–9:15am

Polliwog/Guppy
9:15–10:00am

Ray/Starfish
10:00–10:30am

Pike/Eel
10:30–11:00am

Minnow/Fish Flying Fish/Shark
11:00–11:45am

Parent-Child
11:45am–12:15pm

Lap Swim
12:15–1:15pm

Youth Swim
1:15–2:15pm

Adult Open
2:15–3:15pm

Family Swim
3:15–4:30pm

Pool Rental
4:30–6:30pm

SUNDAY
Youth Swim
1:15–2:00pm

Adult Lap
2:00-2:45pm

Adult Open
2:45-3:30pm

Community Family Swim
3:30-4:30pm

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 Sundays only.

Community Family Swim: Designed for families; group leisure swimming. Children under the age of 8 must be accompanied —in the pool—by an adult 18 years of age or older in the same immediate family. We reserve the right to limit the number of non-member swimmers in the pool.

Lap Swim: Any member 8 years of age and older who wants to swim laps (laps only).

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.

Youth Member Swim: Youth members 6 to 14 years old. Children who are 6 or 7 years old must be accompanied on the pool deck by a parent or legal guardian.

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 two minutes of the posted starting and ending time.