



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

VALLEY POINTS FAMILY YMCA

Fall 2017

September 9—December 22

New Kensington Branch Pool Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Adult Lap 6:00–8:30am Guard Break 8:30–8:45am	Adult Lap 6:00–8:30am Guard Break 8:30–8:45am	Adult Lap 6:00–8:30am Guard Break 8:30–8:45am	Adult Lap 6:00–8:30am Guard Break 8:30–8:45am	Adult Lap 6:00–8:30am Guard Break 8:30–8:45am	Adult Lap 7:00–9am
Arthritis Aquatics 8:45–9:30am	Water Discovery 9:00–9:30am	Arthritis Aquatics 8:45–9:30am	Water Discovery 9:00–9:30am	Arthritis Aquatics 8:45–9:30am	Water Movement 9–9:30a
Water Acclimation 9:30–10:00am	Aquacize 9:30–10:30am	Water Acclimation 9:30–10:00am	Aquacize 9:30–10:30am	Aqua Fit 9:30–10:30am	Water Stamina 9:30–10am
Adult Lap 10:00–11:30am	Guard Break 10:30–11:00am	Adult Lap 10:00–11:30am	Guard Break 10:30–11:00am	Adult Lap 10:30–11:30am	Stroke Introduction 10–10:45am
Adult Open 11:30am–1:00pm	Adult Open 11:00am–1:30pm	Adult Open 11:30am–1:00pm	Adult Open 11:00am–1:30pm	Adult Open 11:30am–1:00pm	Stroke Development 10:45–11:30am
Active Older Adults 1:00–1:45pm	Water Acclimation 1:30–2:00pm	Active Older Adults 1:00–1:45pm	Water Acclimation 1:30–2:00pm	Active Older Adults 1:00–1:45pm	Stroke Mechanics 11:30am–12:15pm
ELC 1:45–2:45pm	Water Movement 2:00–2:30pm	ELC 1:45–2:45pm	Water Movement 2:00–2:30pm	Adult Lap 1:45–3:00pm	Lap Swim 12:15–1:15pm
Guard Break 2:45–3pm	Water Stamina 2:30–3:00pm	Guard Break 2:45–3pm	Water Stamina 2:30–3:00pm	Adult Open 3:00–4:00pm	Youth Swim 1:15–2:15pm
Adult Lap 3–4:00pm	Adult Lap 3:00–4:30pm	Adult Lap 3–4:00pm	Adult Lap 3:00–4:30pm	Youth Swim 4:00–4:45pm	Adult Open 2:15–3:15pm
Youth Swim 4:00–4:45pm	Stroke Development 4:30–5:15pm	Youth Swim 4:00–4:45pm	Stroke Development 4:30–5:15pm	Adult Lap 4:45–5:30pm	Family Swim 3:15–4:00pm
Guard Break 4:45–5pm	Stroke Introduction 5:15–6pm	Guard Break 4:45–5pm	Stroke Introduction 5:15–6pm	Community Family Swim 5:30–6:30pm	Pool Rental 4:00–5:00pm
Water Discovery 5–5:30pm	Guard Break 6–6:15pm	Water Discovery 5–5:30pm	Guard Break 6–6:15pm	Pool Rental 6:30–7:30pm	SUNDAY
Water Acclimation 5:30–6pm	Adult Open 6:15–7:00pm	Water Acclimation 5:30–6pm	Adult Open 6:15–7:00pm		Lap Swim 1:15–2:00pm
Water Movement 6–6:30pm	Aquacize 7:00–8:00pm	Water Movement 6–6:30pm	Aquacize 7:00–8:00pm		Adult Lap 2:00–2:45pm
Water Stamina 6:30–7pm		Water Stamina 6:30–7pm			Adult Open 2:45–3:30pm
Hydro Burn 7–8pm		Hydro Burn 7–8pm			Family Swim 3:30–4:15pm

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.