



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

VALLEY POINTS FAMILY YMCA

Holiday 2018-2019

December 22-January 6

New Kensington Branch Pool Schedule

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS	SATURDAYS
Adult Lap 6:00-8:30am	Adult Lap 6:00-8:45am	Adult Lap 6:00-8:30am	Adult Lap 6:00-8:45am	Adult Lap 6:00-8:30am	Adult Lap 7:00-9am
Guard Break 8:30-8:45am	Guard Break 8:45-9am	Guard Break 8:30-8:45am	Guard Break 8:45-9am	Guard Break 8:30-8:45am	Adult Open 9:15-10am
Arthritis Aquatics 8:45-9:30am	Adult Open 9-10:30am	Arthritis Aquatics 8:45-9:30am	Adult Open 9-10:30am	Arthritis Aquatics 8:45-9:30am	Family Swim 10-10:45am
Adult Lap 9:30-11:30am	Guard Break 10:30-11:00am	Adult Lap 9:30-11:30am	Guard Break 10:30-11:00am	Adult Open 9:30-10:30am	Adult Lap 10:45-11:30am
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 Lap 10:30-11:30am	Adult Open 11:30am-12:15pm
Active Older Adults 1:00-1:45pm	Pool Closed For Maintenance 1:30-3:30PM	Active Older Adults 1:00-1:45pm	Pool Closed For Maintenance 1:30-3:30PM	Adult Open 11:30am-1:00pm	Lap Swim 12:15-1:15pm
Adult Open 1:45-2:45pm	Adult Lap 3-4:30pm	*December 26th* Day Camp Swim 1:45-2:45pm	Adult Lap 3-4:30pm	Active Older Adults 1:00-1:45pm	Youth Swim 1:15-2:15pm
Guard Break 2:45-3pm	Family Swim 4:30-6PM	*January 2nd* Adult Open 1:45-2:45pm	Family Swim 4:30-6PM	*December 28th* Day Camp Swim 1:45-2:45pm	Adult Open 2:15-3:15pm
Adult Lap 3-4:00pm	Guard Break 6-6:15pm	Guard Break 2:45-3pm	Guard Break 6-6:15pm	*January 4th* Adult Lap 1:45-3:00pm	Family Swim 3:15-4:00pm
Youth Swim 4:00-4:45pm	Adult Open 6:15-7:00pm	Adult Lap 3-4:00pm	Adult Open 6:15-7:00pm	Adult Open 3:00-4:00pm	Pool Rental 4:00-5:00pm
Guard Break 4:45-5pm	Aquacize 7:00-8:00pm	Youth Swim 4:00-4:45pm	Guard Break 6-6:15pm	Youth Swim 4:00-4:45pm	
Adult Lap 5-6PM	Adult Lap 8-8:45pm	Guard Break 4:45-5pm	Aquacize 7:00-8:00pm	Adult Lap 4:45-5:30pm	SUNDAYS
Family Swim 6-7pm	Family Swim 6-7pm	Adult Lap 5-6PM	Adult Lap 8-8:45pm	Community Family Swim 5:30-6:30pm	Lap Swim 1:15-2:00pm
Hydro Burn 7-8pm	Family Swim 8-8:45pm	Family Swim 6-7pm		Pool Rental 6:30-7:30pm	Adult Lap 2:00-2:45pm
Family Swim 8-8:45pm		Hydro Burn 7-8pm			Adult Open 2:45-3:30pm
		Family Swim 8-8:45pm			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.

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.