



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

VALLEY POINTS FAMILY YMCA

Summer 2017

June 4—September 8

New Kensington Branch Pool Schedule

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|---|---|---|---|---|
| Adult Lap 6:00–8:45am | Adult Lap 6:00–8:45am | Adult Lap 6:00–8:45am | Adult Lap 6:00–8:45am | Adult Lap 6:00–8:45am | Adult Lap 7:00–9:15am |
| Arthritis Aquatics 8:45–9:30am | Parent-Child 9:00–9:30am | Arthritis Aquatics 8:45–9:30am | Parent-Child 9:00–9:30am | Arthritis Aquatics 8:45–9:30am | Poliwog/Guppy 9:15–10:00am |
| Pike/Eel 9:30–10:00am | Aquacize Class 9:30–10:30am | Pike/Eel 9:30–10:00am | Aquacize Class 9:30–10:30am | Pool Rental 9:30–10:30am | Ray/Starfish 10:00–10:30am |
| Adult Lap 10:00–11:30am | Pool Closed 10:30–11:00am | Adult Lap 10:00–11:30am | Pool Closed 10:30–11:00am | AquaFit 10:30–11:30am | Pike/Eel 10:30–11:00am |
| 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 | Minnow/Fish Flying Fish/Shark 11:00–11:45am |
| Active Older Adults 1:00–1:45pm | Pike/Eel 1:30–2:00pm | Active Older Adults 1:00–1:45pm | Pike/Eel 1:30–2:00pm | Active Older Adults 1:00–1:45pm | Parent-Child 11:45am–12:15pm |
| Day Camp 1:45–2:45pm | Ray/Starfish 2:00–2:30pm | Day Camp 1:45–2:45pm | Ray/Starfish 2:00–2:30pm | Day Camp 1:45–3:00pm | Lap Swim 12:15–1:15pm |
| Adult Lap 2:45–4:00pm | Home School 2:30–3:00pm | Adult Lap 2:45–4:00pm | Early Learning Center 2:30–3:00pm | Adult Open 3:00–4:00pm | Youth Swim 1:15–2:15pm |
| Youth Swim 4:00–5:00pm | Adult Lap 3:00–4:30pm | Youth Swim 4:00–5:00pm | Adult Lap 3:00–4:30pm | Youth Swim 4:00–4:45pm | Adult Open 2:15–3:15pm |
| Parent-Child 5:15–5:45pm | Pike/Eel 4:30–5:00pm | Parent-Child 5:15–5:45pm | Pike/Eel 4:30–5:00pm | Adult Lap 4:45–5:30pm | Family Swim 3:15–4:00pm |
| Pike/Eel 5:45–6:15pm | Ray/Starfish 5:00–5:30pm | Pike/Eel 5:45–6:15pm | Ray/Starfish 5:00–5:30pm | Community Family Swim 5:30–6:30pm | Pool Rental 4:00–5:00pm |
| Poliwog/Guppy 6:15–7:00pm | Poliwog/Guppy 5:30–6:15pm | Poliwog/Guppy 6:15–7:00pm | Poliwog/Guppy 5:30–6:15pm | Pool Rental 6:30–7:30pm | |
| Minnow/Fish Flying Fish/Shark 7:00–7:45pm | Adult Open 6:15–7:00pm | Minnow/Fish Flying Fish/Shark 7:00–7:45pm | Adult Open 6:15–7:00pm | | SUNDAY |
| Family Swim 7:45–9:00pm | Aquacize/ Hydroburn 7:00–8:00pm | Family Swim 7:45–9:00pm | Aquacize/ Hydroburn 7:00–8:00pm | | Youth Swim 1:15–2:00pm |
| | Adult Lap 8:00–9:00pm | | Adult Lap 8:00–9:00pm | | Adult Lap 2:00–2:45pm |
| | | | | | Adult Open 2:45–3:30pm |
| | | | | | Community 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.