



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

VALLEY POINTS FAMILY YMCA

Fall/Winter 2018

September 4—December 22

# New Kensington Branch Pool Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Adult Lap</b> 6:00–8:30am	<b>Adult Lap</b> 6:00–8:30am	<b>Adult Lap</b> 6:00–8:30am	<b>Adult Lap</b> 6:00–8:30am	<b>Adult Lap</b> 6:00–8:30am	<b>Adult Lap</b> 7:00–9am
<b>Guard Break</b> 8:30–8:45am	<b>Guard Break</b> 8:30–8:45am	<b>Guard Break</b> 8:30–8:45am	<b>Guard Break</b> 8:30–8:45am	<b>Guard Break</b> 8:30–8:45am	<b>Swim Lessons</b> 9–9:30a
<b>Arthritis Aquatics</b> 8:45–9:30am	<b>Private Lessons</b> 9:00–9:30am	<b>Arthritis Aquatics</b> 8:45–9:30am	<b>Private Lessons</b> 9:00–9:30am	<b>Arthritis Aquatics</b> 8:45–9:30am	<b>Swim Lessons</b> 9:30–10am
<b>Swim Lessons</b> 9:30–10:00am	<b>Aquacize</b> 9:30–10:30am	<b>Swim Lessons</b> 9:30–10:00am	<b>Aquacize</b> 9:30–10:30am	<b>Aqua Fit</b> 9:30–10:30am	<b>Swim Lessons</b> 10–10:45am
<b>Adult Lap</b> 10:00–11:30am	<b>Adult Open</b> <b>**NEW**</b> 10:30–12:30pm	<b>Adult Lap</b> 10:00–11:30am	<b>Adult Open</b> <b>**NEW**</b> 10:30–12:30pm	<b>Adult Lap</b> 10:30–11:30am	<b>Swim Lessons</b> 10:45–11:30am
<b>Adult Open</b> 11:30am–1:00pm	<b>Adult Lap</b> <b>**NEW**</b> 12:30–1:30pm	<b>Adult Open</b> 11:30am–1:00pm	<b>Adult Lap</b> <b>**NEW**</b> 12:30–1:30pm	<b>Adult Open</b> 11:30am–1:00pm	<b>Swim Lessons</b> 11:30am–12:15pm
<b>Active Older Adults</b> 1:00–1:45pm	<b>Pool Maintenance</b> 1:30–3:00pm	<b>Active Older Adults</b> 1:00–1:45pm	<b>Pool Maintenance</b> 1:30–3:00pm	<b>Active Older Adults</b> 1:00–1:45pm	<b>Lap Swim</b> 12:15–1:15pm
<b>Adult Open</b> 1:45–2:45pm	<b>Adult Lap</b> 3:00–4:30pm	<b>Adult Open</b> 1:45–2:45pm	<b>Adult Lap</b> 3:00–4:30pm	<b>Adult Lap</b> 1:45–3:00pm	<b>Youth Swim</b> 1:15–2:15pm
<b>Guard Break</b> 2:45–3pm	<b>Swim Lessons</b> 4:30–5:15pm	<b>Guard Break</b> 2:45–3pm	<b>Swim Lessons</b> 4:30–5:15pm	<b>Adult Open</b> 3:00–4:00pm	<b>Adult Open</b> 2:15–3:15pm
<b>Adult Lap</b> 3–4:00pm	<b>Swim Lessons</b> 5:15–6pm	<b>Adult Lap</b> 3–4:00pm	<b>Swim Lessons</b> 4:30–5:15pm	<b>Youth Swim</b> 4:00–4:45pm	<b>Family Swim</b> 3:15–4:00pm
<b>Youth Swim</b> 4:00–4:45pm	<b>Guard Break</b> 6–6:15pm	<b>Youth Swim</b> 4:00–4:45pm	<b>Guard Break</b> 6–6:15pm	<b>Adult Lap</b> 4:45–5:30pm	<b>Pool Rental</b> 4:00–5:00pm
<b>Guard Break</b> 4:45–5pm	<b>Adult Open</b> 6:15–7:00pm	<b>Guard Break</b> 4:45–5pm	<b>Adult Open</b> 6:15–7:00pm	<b>Community Family Swim</b> 5:30–6:30pm	
<b>Swim Lessons</b> 5–5:30pm	<b>Aquacize</b> 7:00–8:00pm	<b>Swim Lessons</b> 5–5:30pm	<b>Adult Open</b> 6:15–7:00pm	<b>Pool Rental</b> 6:30–7:30pm	<b>SUNDAY</b>
<b>Swim Lessons</b> 5:30–6pm	<b>Adult Lap</b> 8–8:45pm	<b>Swim Lessons</b> 5:30–6pm	<b>Aquacize</b> 7:00–8:00pm		<b>Lap Swim</b> 1:15–2:00pm
<b>Swim Lessons</b> 6–6:30pm		<b>Swim Lessons</b> 6–6:30pm	<b>Adult Lap</b> 8–8:45pm		<b>Adult Lap</b> 2:00–2:45pm
<b>Swim Lessons</b> 6:30–7pm		<b>Swim Lessons</b> 6:30–7pm			<b>Adult Open</b> 2:45–3:30pm
<b>Hydro Burn</b> 7–8pm		<b>Hydro Burn</b> 7–8pm			<b>Family Swim</b> 3:30–4:15pm
<b>Family Swim</b> 8–8:45pm		<b>Family Swim</b> 8–8:45pm			

**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.