



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

VALLEY POINTS FAMILY YMCA

FALL 2019

September 16—October 6

New Kensington Branch Pool Schedule

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

Swim Lessons will resume Oct 7th

Family Swim: Designed for family members; group leisure swimming. All children under the age of 18 must be accompanied by a parent/guardian in the water (an adult 18 years of age or older in the same immediate family). A youth member may be accompanied by a non-member parent/guardian on Sundays only.

Community Family Swim: Designed for families; group leisure swimming. 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. 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 & Family Member Swim: Youth members 6 to 14 years old. Children who are 6 or 7 years old must be accompanied in the water by an adult family member 18 years of age or older.

****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.****