



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

VALLEY POINTS FAMILY YMCA

Winter 2021  
Jan. 4—Jan. 31

# New Kensington Branch Pool Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Adult Lap</b> 6:30–7:15am	<b>Adult Lap</b> 6:30–7:15am	<b>Adult Lap</b> 6:30–7:15am	<b>Adult Lap</b> 6:30–7:15am	<b>Adult Lap</b> 6:30–7:15am	<b>Adult Lap</b> 7:00–8:00am
<b>Adult Lap</b> 7:15–8:00am	<b>Adult Lap</b> 7:15–8:00am	<b>Adult Lap</b> 7:15–8:00am	<b>Adult Lap</b> 7:15–8:00am	<b>Adult Lap</b> 7:15–8:00am	<b>Adult Lap</b> 8:00–9:00am
<b>Adult Lap</b> 8:00–8:45am	<b>Adult Lap</b> 8:00–8:45am	<b>Adult Lap</b> 8:00–8:45am	<b>Adult Lap</b> 8:00–8:45am	<b>Adult Lap</b> 8:00–8:45am	<b>Swim Lessons</b> 9:00–12:15pm
<b>Adult Lap</b> 8:45–9:30am	<b>Adult Lap</b> 8:45–9:30am	<b>Adult Lap</b> 8:45–9:30am	<b>Adult Lap</b> 8:45–9:30am	<b>Adult Lap</b> 8:45–9:30am	<b>Adult Lap</b> 12:15–1:00pm
<b>CLEANING BREAK</b> 9:30–9:45am	<b>CLEANING BREAK</b> 9:30–9:45am	<b>CLEANING BREAK</b> 9:30–9:45am	<b>CLEANING BREAK</b> 9:30–9:45am	<b>CLEANING BREAK</b> 9:30–9:45am	<b>Adult Lap</b> 1:00–1:45pm
<b>Arthritis Aquatics</b> 9:45–10:30am	<b>Aquacize</b> 9:35–10:30am	<b>Arthritis Aquatics</b> 9:45–10:30am	<b>Aquacize</b> 9:35–10:30am	<b>Arthritis Aquatics</b> 9:45–10:30am	<b>Adult Open</b> 1:45–2:30pm
<b>Adult Open</b> 10:30–11:30am	<b>Adult Open</b> 10:30–11:30am	<b>Adult Open</b> 10:30–11:30am	<b>Adult Open</b> 10:30–11:30am	<b>Adult Open</b> 10:30–11:30am	<b>Family Swim</b> 2:30–3:30pm
<b>GUARD BREAK</b> 11:30–11:45am	<b>GUARD BREAK</b> 11:30–11:45am	<b>GUARD BREAK</b> 11:30–11:45am	<b>GUARD BREAK</b> 11:30–11:45am	<b>GUARD BREAK</b> 11:30–11:45am	
<b>Adult Open</b> 11:45–12:45pm	<b>Adult Open</b> 11:45am–12:45pm	<b>Adult Open</b> 11:45–12:45pm	<b>Adult Open</b> 11:45am–12:45pm	<b>Adult Open</b> 11:45–12:45pm	
<b>Adult Open</b> 12:45–1:45pm	<b>Adult Open</b> 12:45–1:45pm	<b>Adult Open</b> 12:45–1:45pm	<b>Adult Open</b> 12:45–1:45pm	<b>Adult Open</b> 12:45–1:45pm	
<b>CLEANING BREAK</b> 1:45–3:45 pm	<b>CLEANING BREAK</b> 1:45–3:45 pm	<b>CLEANING BREAK</b> 1:45–3:45 pm	<b>CLEANING BREAK</b> 1:45–3:45 pm	<b>CLEANING BREAK</b> 1:45–3:45 pm	
<b>Adult Open</b> 3:45–4:30pm	<b>Adult Lap</b> 3:45–4:30pm	<b>Adult Open</b> 3:45–4:30pm	<b>Adult Lap</b> 3:45–4:30pm	<b>Adult Lap</b> 3:45–4:30pm	
<b>Adult Open</b> 4:30–5:15pm	<b>Adult Lap</b> 4:30–5:15pm	<b>Adult Open</b> 4:30–5:15pm	<b>Adult Lap</b> 4:30–5:15pm	<b>Adult Open</b> 4:30–5:15pm	
<b>Adult Open</b> 5:15–6:00pm	<b>Adult Lap</b> 5:15–6:00pm	<b>Adult Open</b> 5:15–6:00pm	<b>Adult Lap</b> 5:15–6:00pm	<b>Family Swim</b> 5:15–6:15pm	
<b>CLEANING BREAK</b> 6:00–6:15pm	<b>Adult Open</b> 6:00–7:00pm	<b>CLEANING BREAK</b> 6:00–6:15pm	<b>Adult Open</b> 6:00–7:00pm		<b>SUNDAY</b> <b>CLOSED</b>
<b>Swim Lessons</b> 6:15–8:15pm	<b>LIFEGUARD BREAK</b> 7:00–7:15pm	<b>Family Swim</b> 6:15–7:00pm	<b>LIFEGUARD BREAK</b> 7:00–7:15pm		
	<b>Adult Open</b> 7:15–8:15pm	<b>Family Swim</b> 7:00–7:45pm	<b>Adult Open</b> 7:15–8:15pm		
		<b>Family Swim</b> 7:45–8:30pm			

**\*All swimmers must make a reservation for all swim types, and can be scheduled 48 hours in advance\***

**Adult Lap:** For adult members who want to swim laps. (Teen members 15 years of age and older may also swim laps.)  
1 Member per lane, swimmers must remain 6 ft in physical distance a part. (4 total members allowed in pool at a time.)

**Adult Open: \*15+ years old and up\*** Leisure use / water aerobic exercise. Pool will be divided in to 4 lanes, swimmers must remain 6ft in physical distance a part. (10 total members allowed in pool at a time.)

**\*\*NO LAP SWIMMING WILL BE ALLOWED DURING ADULT OPEN SWIM IF 2 SWIMMERS ARE SHARING A LANE\*\***

**Family Swim** Recreational Swim for YMCA Family members. \*All youth must have an adult-family YMCA member with them during this swim.\* (10 total members allowed in pool at a time.)