



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

VALLEY POINTS FAMILY YMCA

Fall/Winter 2020

Nov. 2— Dec. 31

New Kensington Branch Pool Schedule

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