

SCANTIC VALLEY YMCA

POOL SCHEDULE for APRIL 15 – APRIL 21

LIFEGUARD CERTIFICATION COURSE MONDAY through FRIDAY 9:00AM-12:15AM LAP POOL

LAP POOL WATER AEROBICS IS CANCELLED ON WEDNESDAY, APRIL 17

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30am-8:00am 4 Lap lanes open Warm pool open	5:30am-8:00am 4 Lap lanes open Warm pool open	5:30am-8:00am 4 Lap lanes open Warm pool open	5:30am-8:00am 4 Lap lanes open Warm pool open	5:30am-8:00am 4 Lap lanes open Warm pool open	7:00am-9:00am 4 Lap lanes open Warm pool open	8:00am-9:30am 4 Lap lanes open Warm pool open
8:00am-12:15pm Entire Lap pool closed (9:00a-12:15p) Warm pool open	8:00am-12:15pm 1 Lap lane ONLY Warm pool open	8:15am-9:00am Warm water conditioning Warm pool closed 1 Lap lane ONLY	8:00am-12:15pm 1 Lap lane ONLY Warm pool open	8:15am-9:00am Warm water conditioning Warm pool closed Entire Lap pool closed for training (9:00a-12:15p)	9:00am-2:00pm 2 Lap lanes Open swim area Warm pool open	9:30am-10:15am Aqua Zumba Lap pool closed Warm pool open
12:15pm-1:00pm Gentle Joints Warm pool closed 2 Lap lanes Open swim area	12:15pm-1:00pm Gentle Joints Warm pool closed 2 Lap lanes Open swim area	9:00am-10:00am Warm pool open 1 Lap Lane ONLY <u>10:00am-10:45am</u> 1 Lap Lane ONLY Warm pool open	12:15pm-1:00pm Gentle Joints Warm pool closed 2 Lap lanes Open swim area	12:15pm-1:00pm Water aerobics Lap pool closed Warm pool open		10:15am-2:00pm 2 Lap lanes Open swim area Warm pool open
1:00pm-4:00pm 2 Lap lanes Open swim area Warm pool open	1:00pm-4:15pm 2 Lap lanes Open swim area Warm pool open	10:45am-12:15pm Warm pool open 1 Lap Lane ONLY <u>12:15pm-1:00pm</u> Gentle Joints Warm pool closed Lap pool open	1:00pm-7:00pm 2 Lap lanes Open swim area Warm pool open	1:00pm-7:00pm 2 Lap lanes Open swim area Warm pool open		
4:00pm-7:00pm 2 Lap lanes Open swim area Warm pool closed	4:15pm-7:00pm 2 lap lanes open Open swim area Warm pool open	1:00pm-4:00pm 2 Lap lanes Open swim area Warm pool open	7:00pm-8:00pm 4 Lap lanes Warm pool open	7:00pm-8:00pm 4 Lap lanes Warm pool open		