

## the SCANTIC VALLEY Y POOL SCHEDULE February 17 - February 23, 2025

| MONDAY               | TUESDAY              | WEDNESDAY            | THURSDAY             | FRIDAY               | SATURDAY         | SUNDAY                   |
|----------------------|----------------------|----------------------|----------------------|----------------------|------------------|--------------------------|
| 5:30am-8:00am        | 5:30am-8:00am        | 5:30am-8:15am        | 5:30am-8:00am        | 5:30am-8:15am        | 7:00am-9:00am    | 8:00am-9:30am            |
| 4 Lap lanes open     | 4 Lap lanes open | 4 lap lanes open         |
| Warm pool open       | Warm pool open   | Warm pool open           |
| 8:00am-9:00pm        | 8:00am-9:00am        | 8:15am-9:00am        | 8:00am-9:00am        | 8:15am-9:00am        | 9:00am-2:00pm    | 9:30am-10:15am           |
| 2 Lap lanes          | 2 Lap lanes          | Warm water           | 2 Lap lanes          | Warm water           | 2 lap lanes open | Lap pool closed for Aqua |
| Open swim area       | Open Swim area       | conditioning         | Open Swim area       | conditioning         | Open swim area   | Zumba                    |
| Warm pool open       | Warm pool open       | Warm pool closed     | Warm pool open       | Warm pool closed     |                  |                          |
|                      |                      | 2 Lap lanes          |                      | 2 Lap lanes          | Warm pool open   | Warm pool open           |
|                      |                      | Open swim area       |                      | Open swim area       |                  |                          |
| 9:00am-12:00pm       | 9:00am-12:00pm       | 9:00am-12:00pm       | 9:00am-12:00pm       | 9:00am-12:00pm       |                  | 10:15am-2:00pm           |
| Lifeguard Class      |                  | 2 lap lanes open         |
| 1 Lap Lane Open ONLY |                  | Open swim area           |
| Open Area CLOSED     |                  |                          |
| Warm pool open       |                  | Warm pool open           |
|                      |                      |                      |                      |                      |                  |                          |
| 12:00pm-1:00pm       | 12:00pm-1:00pm       | 12:00pm-1:00pm       | 12:00pm-1:00pm       | 12:00pm-1:00pm       |                  |                          |
| 2 Lap lanes          | 2 Lap lanes          | 2 Lap lanes          | 2 Lap lanes          | Warm pool open       |                  |                          |
| Open swim area       | Open swim area       | Open swim area       | Open swim area       | 12:15pm-1:00pm       |                  |                          |
| 12:15pm-1:00pm       | 12:15pm-1:00pm       | 12:15pm-1:00pm       | 12:15pm-1:00pm       | Water aerobics       |                  |                          |
| Gentle Joints        | Gentle Joints        | Water Conditioning   | Water Conditioning   | Lap pool closed      |                  |                          |
| Warm pool closed     | Warm pool closed     | Warm pool closed     | Warm pool closed     |                      |                  |                          |
| 1:00pm-7:00pm        | 1:00pm-7:00pm        | 1:00pm-4:00pm        | 1:00pm-7:00pm        | 1:00pm-7:00pm        |                  |                          |
| 2 Lap lanes          |                  |                          |
| Open swim area       |                  |                          |
| Warm pool open       |                  |                          |
| 7:00pm-8:00pm        | 7:00pm-8:00pm        | 4:00pm-7:00pm        | 7:00pm-8:00pm        | 7:00pm-8:00pm        |                  |                          |
| 4 Lap lanes          | 4 lap lanes          | Warm Pool CLOSED     | 4 Lap lanes          | 4 Lap lanes          |                  |                          |
| Warm pool open       | Warm pool open       | 2 Lap lanes          | Warm pool open       | Warm pool open       |                  |                          |
|                      |                      | Open swim area       |                      |                      |                  |                          |
|                      |                      | 7:00pm-8:00pm        |                      |                      |                  |                          |
|                      |                      | 4 lap lanes          |                      |                      |                  |                          |
|                      |                      | Warm pool open       |                      |                      |                  |                          |

## LIFEGUARD CERTFICATION COURSE FEBRUARY 17<sup>TH</sup> – FEBRUARY 21<sup>ST</sup>