

It's for me!



Aquatics: Lap Pool

We build strong kids, strong families, strong communities.

Valparaiso Family YMCA
1201 Cumberland Crossing Drive
Valparaiso, IN 46383

219-462-4185
FAX: 219-477-4720

www.valpoyymca.org

Spring Schedule effective June 8, 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Lap Swim 5:00-5:30	Lap swim 5:00-9:00	Lap Swim 5:00-5:30	Lap swim 5:00-9:00	Lap Swim 5:00-5:30	Masters 7:00-8:30 (3 lap lanes)
	Masters 5:30-6:30 (3 lap lanes)	Deep Water Wonders 9:00-9:45 (3 lap lanes)	Masters 5:30-6:30 (3 lap lanes)	Deep Water Wonders 9:00-9:45 (3 lap lanes)	Masters 5:30-6:30 (3 lap lanes)	
	Lap Swim 6:30-9:00	Y Preschool 5's 9:45-10:15 (4 lap lanes)	Lap Swim 6:30-9:00	Lap Swim 9:45-12:45	Lap Swim 6:30-9:00	
	Active Fitness 9:00-10:00 (no lap lanes)	Adult Lessons 10:45-11:30 (4 lap lanes)	Active Fitness 9:00-10:00 (no lap lanes)	Youth Lessons 12:45-2:15 (4 lap lanes)	Active Fitness 9:00-10:00 (no lap lanes)	
	Lap Swim 10:00-12:45	Lap Swim 11:30-12:45	Lap Swim 10:00-12:45	Camp Little Bear 1:15-1:45 (2 lap lanes)		Lap swim 8:30-9:15
Lap Swim 1:00-4:30	Youth Lessons 12:45-2:15 (4 lap lanes)	Youth Lessons 12:45-2:15 (4 lap lanes)	Youth Lessons 12:45-2:15 (4 lap lanes) MS Swim 2:15-3:00 (4 lap lanes)	Middle School 2:15-3:00 (5 lap lanes)		Porpoise 9:15-10:00 (4 lap lanes)
	Middle School 2:15-3:00 (5 lap lanes)	Camp Little Bear/ Y PreSchool 5's 1:15-1:45 (2 lap lanes)	Open Swim 3:00-5:00 (3 lap lanes)		Lap Swim 10:00-2:00	Youth Lessons 10:05-10:50 (no lap lanes)
	Open Swim 3:00-5:15 (3 lap lanes)	Middle School 2:15-3:00 (5 lap lanes)	Liquid Cardio 5:00-6:00 (2 lap lanes)	Lap Swim 3:00-5:15 (3 lap lanes)		
	Seal, Polliwog Guppy, Minnow 5:15-6:00 (2 lap lanes)	Lap Swim 3:00-5:00	Flying Fish 5:15-6:00 (2 lap lanes)		Open Swim 2:00-5:00 (3 lap lanes)	Lap Swim 11:00-4:30
	Lap Swim 6:00-6:30	Polliwog, Guppy, Minnow 5:00-5:45 (3 lap lanes)	Seal, Polliwog 6:00-6:45 (4 lap lanes)	Seal, Polliwog, Guppy 5:15-6:00 (2 lap lanes)	Lap Swim 5:00-6:30	
		Flying Fish/ Shark 5:45-6:30 (4 lap lanes)	Adult Lessons 6:45-7:30 (2 lap lanes)	Tri Training 7:00-8:00 (No lap lanes)		
	Masters 6:30-7:30 (3 lap lanes)	Tri Training 7:00-8:00 (3 lap lanes)	Masters 6:30-7:30 (3 lap lane)	SCUBA 6:00-9:00	Masters 6:30-7:30 (3 lap lanes)	
	Lap Swim 7:30-9:30	Lap Swim 6:30-9:30	Lap Swim 7:30-9:30	Lap Swim 8:00-9:30 (3 lap lanes)	Lap Swim 7:30-9:30	

Schedule subject to change without notice!

Please refer to complete Pool Rules which are posted in the pool area!

Our Mission

The Valparaiso Family YMCA is an inclusive, inter-faith charitable organization founded in Christian principles and traditions, dedicated to instilling the values of caring, honesty, respect, and responsibility, and providing for lifelong personal growth and the development of a healthy spirit, mind, and body for all.