

Y Aquatics: Lap Pool

We build strong kids, strong families, strong communities.

Effective July 12 through August 14, 2010 (subject to change without notice)

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)
NOTE: THE YMCA WILL BE CLOSING AT NOON ON SATURDAY, AUGUST 14. WE WILL REOPEN AT 5:00am ON MONDAY, AUGUST 23.	Masters 5:30-6:30 (3 Lap Lanes)	Deep Water 9:00-9:45 (3 Lap Lanes)	Masters 5:30-6:30 (3 Lap Lanes)	Deep Water 9:00-9:45 (3 Lap Lanes)	Masters 5:30-6:30 (3 Lap Lanes)	Lap Swim 8:30-9:15
	Active Fitness 9:00-10:00 No Lap Lanes	Lap Swim 9:45-10:45	Active Fitness 9:00-10:00 No Lap Lanes	Lap Swim 9:45-12:45	Active Fitness 9:00-10:00 No Lap Lanes	Youth (Sh, Porp) 9:15-10:00 (4 Lap Lanes)
	Lap Swim 10:00-12:45	Adult Lessons 10:45-11:30 (5 Lap Lanes)	Lap Swim 10:00-11:00		Lap Swim 10:00-2:00	Youth (S,P,G,M,F,FF) 10:05-10:50 No Lap Lanes
			Teen Camp 11:00-12:00 (4 Lap Lanes)			Youth (S,P,G,MS) 10:50-11:35 (2 Lap Lanes)
			Lap Swim 12:00-12:45			
Lap Swim 1:00-5:30	2-wk Youth 12:45-1:30 (4 Lap Lanes)	2-wk Youth 12:45-1:30 (4 Lap Lanes)	2-wk Youth 12:45-1:30 (4 Lap Lanes)	2-wk Youth 12:45-1:30 (4 Lap Lanes)	Open Swim 2:00-3:30 (4 Lap Lanes)	Lap Swim 11:35-5:30
	2-wk Youth 1:30-2:15 (4 Lap Lanes)	2-wk Youth 1:30-2:15 (4 Lap Lanes)	2-wk Youth 1:30-2:15 (4 Lap Lanes)	2-wk Youth 1:30-2:15 (4 Lap Lanes)		
Weekly Camps to limit lap lanes as follows:	2-wk Middle School 2:15-3:00 (4 Lap Lanes)	2-wk Middle School 2:15-3:00 (4 Lap Lanes)	2-wk Middle School 2:15-3:00 (4 Lap Lanes)	2-wk Middle School 2:15-3:00 (4 Lap Lanes)	Lap Swim 3:30-6:30	
	Summer Adv. Days 7/12-7/14 3:00-4:00 (4 Lap Lanes)	Lap Swim 3:00-5:00	Lap Swim 3:00-5:15	Lap Swim 3:00-5:00		
Swim Stroke Clinic 7/12-7/16 4:00-5:00 & 8/9-8/13 10:00-11:00	Lap Swim 5:00-5:15	Youth (S,P,G,M) 5:00-5:45 (2 Lap Lanes)	Youth (F,FF,Sh) 5:15-6:00 (3 Lap Lanes)	Youth (P,G) 5:00-5:45 (4 Lap Lanes)		
	Youth (S,P,G,M) 5:15-6:00 (2 Lap Lanes)	Youth (F,FF,Sh) 5:45-6:30 (3 Lap Lanes)	Youth (S,P,G,M) 6:00-6:45* (2 Lap Lanes)	Youth (S,P,G,M,F,FF) 5:45-6:30 No Lap Lanes		
Marine Biology 8/2-8/6 1:00-3:00	Middle School 6:00-6:45* (5 Lap Lanes)		Masters 6:30-7:30* (3 Lap Lanes)	SCUBA 6:30-9:30 (3 Lap Lanes)	Masters 6:30-7:30 (3 Lap Lanes)	
	Masters 6:30-7:30* (3 Lap Lanes)		Adult Lessons 6:45-7:30 (2 Lap Lanes)			
NOTE: Triathlon Training ends 7/15	Triathlon Training 7:30-8:30 (3 Lap Lanes)		Triathlon Training 7:30-8:30 (3 Lap Lanes)			
	Lap Swim 8:30-9:30	Lap Swim 6:30-9:30	Lap Swim 8:30-9:30		Lap Swim 7:30-9:30	

*FURTHER REDUCED or NO lap lanes 6:30-6:45 PM on Mondays and Wednesdays.

- Swimmers must **ALWAYS** share available lap lanes—circle swim will be required during peak pool usage times.
- Use of starting blocks requires pre-authorization/testing by Aquatics Director or authorized lifeguard staff.
- Kickboards, fins, and pull buoys are for use by lap swimmers only; jogging belts are for adults only.
- 1 lane may be available for recreational swim when no programs are scheduled (i.e., when only Lap Swim scheduled).
- Children under 10 must have parent/adult guardian remain in pool area; under 6 must have parent in water and within arms' length (unless child is enrolled in a program).
- Only US Coast Guard floatation or YMCA provided child floatation belts may be used, parent/adult guardian must remain within arms' length of children using floatation, and must stay in shallow end.
- ALL persons must shower before using pools, Sauna or Steam Room. Age limits for whirlpool, Sauna and Steam Room will be enforced. Appropriate swimwear is required; swim diapers are required for infants.
- 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.

It's for me!

It's for me!



Aquatics: Leisure Pool

Valparaiso Family YMCA
1201 Cumberland Crossing Drive
Valparaiso, IN 46383
219-462-4185
FAX: 219-477-4720
www.valpoyymca.org

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Aqua 8:45-9:30 Eel 9:00-9:30	WET 8:45-9:30	Aqua 8:45-9:30 Eel 9:00-9:30	WET 8:45-9:30	Aqua 8:45-9:30	
NOTE: THE YMCA WILL BE CLOSING AT NOON ON SATURDAY, AUGUST 14. WE WILL REOPEN AT 5:00am ON MONDAY, AUGUST 23.	WET 9:30-10:15 Tadp 9:30-10:00 Pike 10-10:30	AFYAP 9:30-10:15	WET 9:30-10:15 Tadp 9:30-10:00 Pike 10-10:30	AFYAP 9:30-10:15	WET 9:30-10:15	
	AFYAP 10:15-11:00	10:15-10:45 Y Cc (4 & 5 Lesson) 3's (Splash)	AFYAP 10:15-11:00	10:15-10:45 Y Cc (4 & 5 Lesson) Beth's (Splash)	AFYAP 10:15-11:00	
	11:00-11:30 Y Teen Camp (free swim)	Pike, Eel 10:45-11:15 (1 lap lane)	11:00-11:30 Y Cc Lesson (4s & 5s)	Pike, Eel 10:45-11:15 (1 lap lane)	11:00-11:30 Y Childcare	P/C, Perch, Pike 9:00-9:30
	Pike, R/S 11:30-12:00	P/C, Tadpole 11:15-11:45 (1 lap lane)	Pike, R/S 11:30-12:00	Perch, Tadpole 11:15-11:45 (1 lap lane)	Tadpole, Pike 11:30-12:00	Tadpole, Pike, Eel, R/S 9:30-10:00
Open Swim 1:00-5:30	2-wk Preschool 11:45-12:15	2-wk Preschool 11:45-12:15	2-wk Preschool 11:45-12:15	2-wk Preschool 11:45-12:15	Open Swim 12:00-2:00	Pike, Eel 10:00-10:30
	Pike, Eel 12:00-12:30	Pike, Eel 11:45-12:15 (1 lap lane)	Pike, Eel 12:00-12:30	Pike, Eel 11:45-12:15 (1 lap lane)		Tadpole, Pike 10:30-11:00
	2-wk Preschool 12:15-12:45	2-wk Preschool 12:15-12:45	2-wk Preschool 12:15-12:45	2-wk Preschool 12:15-12:45		Tadpole, Pike 11:00-11:30
	P/C, Tadpole 12:30-1	Pike, R/S 12:15-12:45 (1 lap lane)	Perch, Tadpole 12:30-1	Pike, R/S 12:15-12:45 (1 lap lane)		Open Swim 11:30-5:30
	Pike, R/S 1-1:30	12:45-1:30 Y Cc (Camp LB)	Pike, R/S 1-1:30	12:45-1:30 Y Cc (Camp LB)		
		Open Swim 1:30-4:00	Y Childcare (PreK Lesson) 1:30-2:00	Open Swim 1:30-4:00		
	SilverSplash 2:00-2:45		SilverSplash 2:00-2:45		SilverSplash 2:00-2:45	
		Pike, Eel 4:00-4:30		Pike, Eel 4:00-4:30		
	P/C, Pike, Eel 4:15-4:45	Pike, R/S 4:30-5:00	Perch, Pike, Eel 4:15-4:45	Pike, R/S 4:30-5:00		
	Tadp, Pike, R/S 4:45-5:15	P/C, Tadpole 5:00-5:30	Tadp, Pike, R/S 4:45-5:15	Perch, Tadpole 5:00-5:30		
	Open Swim 5:15-6:00	Pike, Eel 5:30-6:00	Open Swim 5:15-6:00	Pike, Eel 5:30-6:00	Open Swim 3:30-6:00	
	Open Swim 6:00-8:30	Aqua Blast 6:00-7:00	Open Swim 6:00-8:30	Aqua Blast 6:00-7:00	Open Swim 6:00-8:30	
		Open Swim 7:00-8:30		Open Swim 7:00-8:30		

Indicates water features in use—a Swim Test is required for anyone to use the Slide.

- Children under 10 must have parent/adult guardian remain in pool area; under 6 must have parent in water and within arms' length (unless child is enrolled in a program).
- Except for program participants, the Splash Pad is only available during Open Swim times. Parent/adult guardian must remain within arms' length of children using Splash Pad. Splash Pad is also closed during scheduled AFYAP & "Y" program use times.
- Only US Coast Guard floatation or YMCA provided child floatation belts may be used, parent/adult guardian must remain within arms' length of children using floatation, and must stay in shallow end.
- ALL persons must shower before using pools. Appropriate swimwear is required; swim diapers are required for infants.
- Please refer to complete Pool Rules which are posted in the pool area!

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