

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

Winter Schedule effective February 14, 2010

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 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)	Masters 7:00-8:30 (3 lap lanes)
	Lap Swim 6:30-9:00	Lap Swim 9:45-10:15	Lap Swim 6:30-9:00	Preschool 9:45-10:15 (4 lap lanes)	Lap Swim 6:30-9:00	
	Active Fitness 9:00-10:00 (no lap lanes)	Kaleidoscope 10:15-10:45 (4 lap Lanes)	Active Fitness 9:00-10:00 (no lap lanes)	Kaleidoscope 10:15-10:45 (4 lap Lanes)	Active Fitness 9:00-10:00 (no lap lanes)	
		Adult Lessons 10:45-11:30 (4 lap lanes)			Lap Swim 10:00-10:30	Lap swim 8:30-9:15
		Lap Swim 11:30-12:50		Lap Swim 10:45-12:50		
Lap Swim 1:00-5:30	Lap Swim 10:00-2:00	Kaleidoscope 12:50-1:20 (4 lap lanes)	Lap Swim 10:00-2:00	Kaleidoscope 12:50-1:20 (4 lap lanes)	Preschool 10:30-11:00 (4 lap lanes)	Shark, Porp. 9:15-10:00 (4 lap lanes)
		Lap Swim 1:20-2:00	Open Swim 2:00-5:15 (3 lap lanes)	Lap Swim 1:20-2:00	Lap Swim 11:00-1:30	Youth Lessons 10:05-10:50 (no lap lanes)
	Open Swim 2:00-5:15 (3 lap lanes)	Open Swim 2:00-4:00 (3 lap lanes)	H2O Swim 4:00-5:00 (2 lap lanes)	Open Swim 2:00-4:00 (3 lap lanes)	Pre-K 1:30-2:00 (4 lap lanes)	Youth Lessons 10:50-11:35 (2 lap lanes)
	H2O Swim 4:00-5:00 (2 lap lanes)	H2O Swim 4:00-5:00 (3 lap lanes)	Fish, Flying- Fish, Shark 5:15-6:00 (3 lap lanes)	H2O Swim 4:00-5:00 (3 lap lanes)	Open Swim 2:00-4:00 (3 lap lanes)	Lap Swim 11:35-5:30
	Seals, Polliwog, Guppy, Minnow 5:15-6:00 (2 lap lanes)	Seals, Polliwog, Guppy, Minnow 5:00-5:45 (2 lap lanes)	Seals, Polliwog, Guppy, Minnow 6:00-6:45 (2 lap lanes)	Polliwog, Guppy 4:30-5:15 (2 lap lanes)	After School 4:00-5:00 (3 lap lanes)	
	Middle School 6:00-6:45 (5 lap lanes)	Fish, FF, Shark 5:45-6:30 (3 lap lanes)	Adult Lessons 6:45-7:30 (2 lap lanes)	Seals, Poll., Guppy, Min- now, F/FF 5:15-6:00 (1 lap lanes)	Lap Swim 5:00-6:30	
	Masters 6:30-7:30 (2 lap lanes)		Masters 6:30-7:30 (3 lap lanes*)		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	SCUBA 6:00-9:30 (3 lap lanes)	Lap Swim 7:30-9:30	

Schedule subject to change without notice!

1 lap lane is available for recreational swim when no programs are scheduled.

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

***From 6:30-6:45pm on Wednesday evenings there will be no laps available for lap swim**

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.

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Aqua 8:45-9:30 Eel 9:00-9:30	W.E.T. 8:45-9:30	Aqua 8:45-9:30 Eel 9:00-9:30	W.E.T. 8:45-9:30	Aqua 8:45-9:30	
	WET 9:30-10:15 Tadpole 9:30-10:00	AFYAP 9:30-10:15	WET 9:30-10:15 Tadpole 9:30-10:00	AFYAP 9:30-10:15	WET 9:30-10:15	Parent/Child, Perch, Pike 9:00-9:30
	AFYAP 10:15-11:00 Pike 10:00-10:30 10:30-11:00	Kaleidoscope 10:15-10:45	AFYAP 10:15-11:00 Pike 10:00-10:30 10:30-11:00	Kaleidoscope 10:15-10:45	AFYAP 10:15-11:00	Tadpole, Pike, Eel, Ray/Star 9:30-10:00
	Y Preschool 5's 11:00-11:30	Pike, Eel 10:45-11:15	Y Preschool 4's 11:00-11:30	Pike, Eel 10:45-11:15	Y Preschool 3's 11:00-11:30	Pike, Eel 10:00-10:30
	Pike, Ray/Star 11:30-12:00	Parent/Child, Tadpole 11:15-11:45	Pike, Ray/Star 11:30-12:00	Perch, Tadpole 11:15-11:45	Tadpole, Pike 11:30-12:00	Tadpole, Pike 10:30-11:00
	Pike, Eel 12:00-12:30	Pike, Eel 11:45-12:15	Pike, Eel 12:00-12:30	Pike, Eel 11:45-12:15		Tadpole, Pike 11:00-11:30
	Parent/Child Tadpole 12:30-1:00	Pike, Eel, Ray/Star 12:15-12:45	Perch, Tadpole 12:30-1:00	Pike, Eel, Ray/Star 12:15-12:45		
	Pike, Ray/Star 1:00-1:30	Kaleidoscope 12:50-1:20	Pike, Ray/Star 1:00-1:30	Kaleidoscope 12:50-1:20		
	Pike, Eel 1:30-2:00	Tadpole, Pre-K 1:30-2:00	Pike, Eel 1:30-2:00	Tadpole 1:30-2:00		
	SilverSplash 2:00-2:45		SilverSplash 2:00-2:45	SilverSplash 2:00-2:45		
		Pike, Eel 4:00-4:30	Adaptive Rec 3:15-4:15	Pike, Eel 4:00-4:30		
	Parent/Child, Pike, Eel 4:15-4:45	Pike, Ray/Star 4:30-5:00	Perch, Pike, Eel 4:15-4:45	Pike, Ray/Star 4:30-5:00		
	Tadpole, Pike, Ray/Star 4:45-5:15	Parent/Child, Tadpole 5:00-5:30	Tadpole, Pike, Ray/Star 4:45-5:15	Perch, Tadpole 5:00-5:30		
		Pike, Eel 5:30-6:00		Pike, Eel 5:30-6:00		
		Aqua Blast 6:00-7:00		Aqua Blast 6:00-7:00		

Open Swim Availability

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Open Swim 12:00-2:00		Open Swim 12:00-2:00		Open Swim 12:00-1:00	
Open Swim 1:00-5:30	Open Swim 5:15-6:00	Open Swim 4:00-6:00	Open Swim 5:15-6:00	Open Swim 4:00-6:00	Open Swim 3:30-6:00	Open Swim 11:30-5:30
	Open Swim 6:00-8:30	Open Swim 7:00-8:30	Open Swim 6:00-8:30	Open Swim 7:00-8:30	Open Swim 6:00-8:30	

Schedule subject to change without notice!

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

- indicates water features in use—A Swim Test is required for anyone to use the Slide.

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