FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Leisure Pool

November 23 – 30

Valparaiso Family YMCA will be closed on Thanksgiving, November 26

Pool schedule is subject to change.

= indicates water features in use – a Swim Test is required for anyone to use the slide.

- Children under 10 – parent/adult guardian must remain in pool area.
- Children under 10 are automatically considered non-swimmers unless they can pass the swim test.
- Non-swimmers are restricted to shallow pool areas. Ages 10 and under require guardian to be within arm's reach.
- Splash Pad is available during Open Swim times.
- During lesson times, Splash Pad may only be used by scheduled swimmers before and after their lesson.
- Only US Coast Guard floatation devices should be used and are available on the pool deck.

Monday – 23rd & 30th	Tuesday – 24th	Wednesday – 25th	Thursday – 26th	Friday – 27th	Saturday – 28th	Sunday – 29th
8:30 – 9:15 Aquanastics		8:30 – 9:15 Aquanastics			9:00 – 11:00 Open Swim	
9:30 – 10:15 Aqua Arthritis		9:30 – 10:15 Aqua Arthritis		9:00 – 2:00 Open Swim		
10:30 – 11:00 Child Care/ Self-Led Water Exercise Time	10:00 – 11:00 Child Care	10:30 – 11:00 Child Care/ Self-Led Water Exercise Time				
		11:00 – 12:00 Open Swim			12:00 – 1:00 Birthday Party	12:00 – 1:00 Birthday Party
	1:00 – 1:30 Child Care				1:00 – 3:00 Open Swim	1:00 – 3:00 Open Swim
2:15 – 3:00 Silver Splash	2:00 – 3:00 Open Swim	2:15 – 3:00 Silver Splash				
3:50 – 5:50 Open Swim	3:50 – 7:00 Open Swim	3:50 – 5:50 Open Swim		3:00 – 6:00 Open Swim	3:00 – 5:00 Open Swim	3:00 – 5:00 Open Swim
6:00 – 6:45 Aqua Zumba®		6:00 – 6:45 Aqua Zumba®				

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Lap Pool

November 23 – 30

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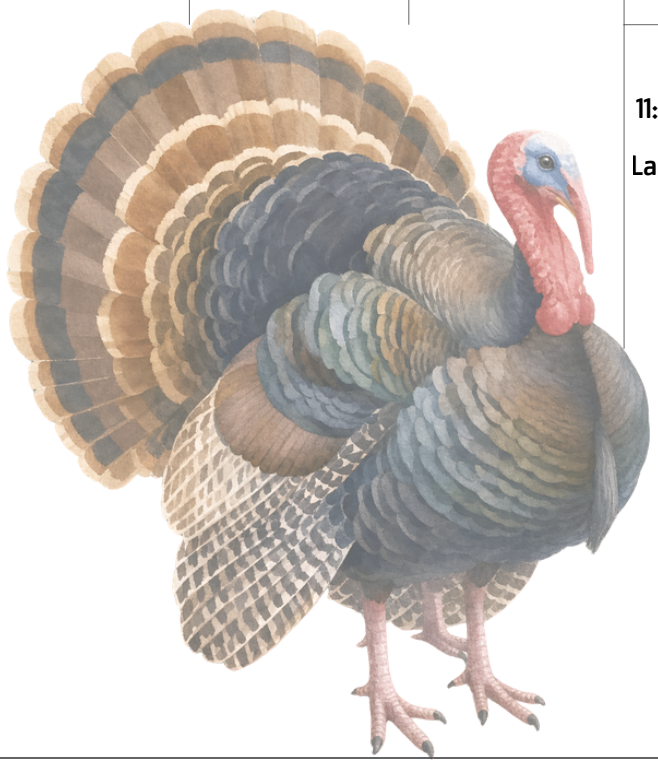
Monday – 23rd & 30th	Tuesday – 24th	Wednesday – 25th	Thursday – 26th	Friday – 27th	Saturday – 28th	Sunday – 29th
5:00 – 8:55 Lap Swim – 6 lanes	5:00 – 8:55 Lap Swim – 6 lanes	5:00 – 8:55 Lap Swim – 6 lanes		5:00am – 9:30pm Lap Swim – 6 lanes		
9:00 – 9:45 Active Fitness – 5 lanes Lap Swim – 1 lane	9:00 – 10:00 Deep Water Fitness – 4 lanes Lap Swim – 2 lanes	9:00 – 9:45 Active Fitness – 5 lanes Lap Swim – 1 lane			7:00am – 5:30pm Lap Swim – 6 lanes	
9:50 – 10:35 Active Fitness – 4 lanes Lap Swim – 2 lanes		9:50 – 10:35 Active Fitness – 4 lanes Lap Swim – 2 lanes				
11:00 – 12:00 Deep Water Fitness – 4 lanes Lap Swim – 2 lanes	10:00am – 9:30pm Lap Swim – 6 lanes	10:40am – 9:30pm Lap Swim – 6 lanes				11:00am – 5:30pm Lap Swim – 6 lanes
12:00 – 9:30pm Lap Swim – 6 lanes						



Helpful Things To Know

- Swimmers should **ALWAYS** share available lap lanes – circle swimming during peak pool usage times is encouraged.
- **Please make sure the swimmer knows you are joining them prior to starting your lap swim.**
- Please limit swim time when others are waiting.
- You must be at least 15 years of age and wearing appropriate attire to use the Whirlpool, Sauna and Steam Room.
- Underwater breath holding activities are prohibited in YMCA pools. Please review all posted pool rules prior to swimming.