

Scantic Valley YMCA Pool Schedule

Break Week April 15 - 21

Monday 4/15		Tuesday 4/16		Wednesday 4/17		Thursday 4/18		Friday 4/19		Saturday 4/20		4/21 CLOSED FOR EASTER	
LAP	WARM	LAP	WARM	LAP	WARM	LAP	WARM	LAP	WARM	LAP	WARM	LAP	WARM
LAP SWIM 5:30 AM-8:30 AM	OPEN 5:30 AM-1:00 PM	LAP SWIM 5:30 AM-9:00 AM	OPEN 5:30 AM-8:30 AM	LAP SWIM 5:30 AM-8:30 AM	OPEN 5:30 AM-1:00 PM	LAP SWIM 5:30 AM-6:30 AM Masters 6:30 AM-7:30 AM	OPEN 5:30 AM-8:30 AM	LAP SWIM 5:30 AM-8:30 AM	OPEN 5:30 AM-1:00 PM				
Aqua Fitness 8:30 AM-9:30 AM		1/2 LAP 1/2 OPEN 9:00 AM-6:00 PM	Warm Water Conditioning 8:30 AM-9:30 AM	Aqua Fitness 8:30 AM-9:30 AM		LAP SWIM 7:30 AM-9:00AM	Warm Water Cond 8:30 AM-9:30 AM	Aqua Fitness 8:30 AM-9:25 AM		LAP SWIM 7:00 AM-9:00 AM	OPEN 7:00 AM-8:20 AM		
1/2 LAP 1/2 OPEN 9:30 AM-8:30 PM			★ Make Up Classes 9:30AM - 11:00AM				★ Make Up Classes 10:00AM - 11:15AM	1/2 LAP 1/2 OPEN 9:30 AM-8:00 PM		Youth Lessons Make Up Classes 9:00AM-11:45AM (1 Lane Only)			
	Gentle Joints 1:00 PM-1:45 PM		12:15 PM-1:00 PM Gentle Joints 1:00-1:45 PM		Gentle Joints 1:00 PM-1:45 PM		Warm Water Cond 12:15 PM-1:00 PM Gentle Joints 1:00-1:45 PM		Gentle Joints 1:00 PM-1:45 PM	Birthdays ★ 1:00 PM-3:00 PM	Birthdays ★ 1:00 PM-3:00 PM		
	Rehab ★ 2:00 PM-3:00 PM		OPEN 1:45-9:30 PM		★ Rehab 2:00 PM-3:00 PM		OPEN 1:45-9:30 PM		OPEN 1:45 PM-8:30 PM				
	Make Up Classes 4:30PM - 7:15PM ★				Make Up Classes 4:30PM - 7:15PM ★				Member & Family Swim 6:00 PM-8:00 PM				
		Young Marines 6:00-8:00 PM 2 lanes		Aqua Fitness 1 Lap Lane OPEN 7:30 PM-8:30 PM					Member & Family Swim 6:00 PM-8:00 PM				
LAP SWIM 8:30 PM-9:30 PM		Masters 8:00 PM-9:00 PM		LAP SWIM 8:30 PM-9:30 PM				LAP SWIM 8:00 PM-8:30 PM					
		LAP SWIM 9:00 PM-9:30 PM											

Portions of the pool will be available when you see this symbol 

*Private swim lessons run sporatically throughout the week and require parts of the pool. Please check with lifeguard day of in order to confirm open areas.