

# Scantic Valley YMCA Pool Schedule



June 17 - July 20

**FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
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-7:15 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-9:30 AM		LAP SWIM 7:00 AM-9:00 AM	OPEN 7:00 AM-8:20 AM Youth Lessons	LAP SWIM 8:00 AM-9:00 AM	OPEN 8:00 AM-4:30 PM
1/2 LAP 1/2 OPEN 9:30 AM-4:30 PM			Youth Lessons 9:30 AM-11:00 AM OPEN 11:00 AM-12:15 PM Warm Water Conditioning 12:15 PM-1:00 PM	1/2 LAP 1/2 OPEN 9:30 AM-4:30 PM		1/2 LAP 1/2 OPEN 9:00 AM-10:00AM	Youth Lessons 9:30 AM-11:00 AM	1/2 LAP 1/2 OPEN 9:30 AM-8:00 PM		Youth Lessons 9:00 AM-12:00 PM	8:20 AM-12:00 PM	Aqua Zumba 9:00 AM-9:55 AM	
	Gentle Joints 1:00 PM-1:45 PM ★ Rehab 2:00 PM-3:00 PM OPEN 3:00 PM-4:30 PM		OPEN 11:00 AM-12:15 PM Gentle Joints 1:00-1:45 PM OPEN 1:45-9:30 PM		Gentle Joints 1:00 PM-1:45 PM ★ Rehab 2:00 PM-3:00 PM OPEN 3:00 PM-4:30 PM		Youth Lessons 10:00 AM-11:00 AM 1/2 LAP 1/2 OPEN 11:00 AM-9:00PM	1/2 LAP 1/2 OPEN 9:30 AM-8:00 PM		1/2 LAP 1/2 OPEN 12:00 PM-5:30 PM	OPEN 12:00 PM-5:30 PM	1/2 LAP 1/2 OPEN 10:00 AM-4:30 PM	
Youth Lessons 4:30 PM-7:15 PM	Youth Lessons 4:30 PM-7:15 PM			Youth Lessons 4:30 PM-7:15 PM	Youth Lessons 4:30 PM-7:15 PM					Birthdays ★ 1:00 PM-3:00 PM	Birthdays ★ 1:00 PM-3:00 PM	Birthdays ★ 1:00 PM-3:00 PM	Birthdays ★ 1:00 PM-3:00 PM
Aqua Fitness 1 Lap Lane OPEN 7:30 PM-8:30 PM LAP SWIM 8:30 PM-9:30 PM	OPEN 7:15 PM-9:30 PM	Adult Lessons 6:30 - 7:15 PM 7:15 - 8:00 PM Masters 8:00 PM-9:00 PM LAP SWIM 9:00 PM-9:30 PM		Aqua Fitness 1 Lap Lane OPEN 7:30 PM-8:30 PM LAP SWIM 8:30 PM-9:30 PM	OPEN 7:15 PM-9:30 PM			Member & Family Swim 6:00 PM-8:00 PM	Member & Family Swim 6:00 PM-8:00 PM				
						LAP SWIM 9:00 PM-9:30 PM		LAP SWIM 8:00 PM-8:30 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.